

MARTHA STEWART Living

HEALTHY TWISTS

Guilt-free pizza

This flatbread
uses yogurt
instead of cheese.

For other
surprising spins,
see page 86.



FRESH STARTS FOR SPRING

37

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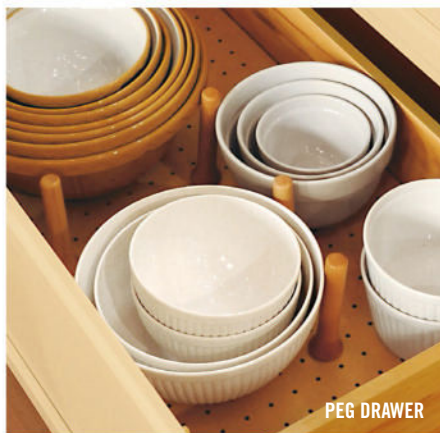
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Martha's Month

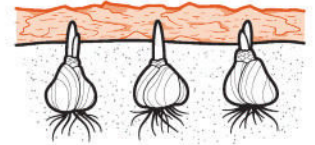
Gentle reminders, helpful tips, and important dates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 APRIL FOOLS' DAY <i>Cardio and core</i>	2 Remove burlap from boxwood hedges Aerate, fertilize, and repair lawns
3 Add a layer of compost to flower beds Horseback ride	4 Clean out gutters Service lawn mowers <i>Weight training</i>	5 Bring fresh eggs to the office <i>Yoga</i>	6 Wash and set up garden furniture	7 Wash wool sweaters and scarves, and store with cedar sachets <i>Cardio and core</i>	8 Launder and press table linens Polish silver and serving pieces Dinner party for friends	9 Nephew Charlie's birthday Make fresh ricotta Horseback ride
10 Look for fresh morel mushrooms at the farmers' market Bake a mushroom quiche	11 Clean ice-melt buckets and store with snow-removal equipment until next winter <i>Weight training</i>	12 World Retail Congress begins in Dubai <i>Yoga</i>	13 Bake homemade treats for the dogs	14 Clean out refrigerator <i>Cardio and core</i>	15 Organize pantry; donate canned goods to charity <i>Weight training</i>	16 Brush the horses Go for a long horseback trail ride with friends
17 Nephew Kirk's birthday Clean and ready gas grill for the season Brunch for neighbors	18 TAX DAY Set up peony supports in the garden <i>Weight training</i>	19 Niece Sophie's birthday <i>Yoga</i>	20 Sow lettuce, spinach, and Swiss chard seeds	21 Speak at Fuel leadership conference in Detroit <i>Cardio and core</i>	22 PASSOVER BEGINS AT SUNDOWN EARTH DAY Take a walk around the farm <i>Weight training</i>	23 Niece Kristina's birthday Visit Maine for the weekend
24 Fill birdbaths with water Watch for nesting and migrating birds	25 Pick early asparagus Plant seed potatoes <i>Weight training</i>	26 Orpheus Annual Gala, honoring Patricia and Carlos Ardila, in New York City	27 Cut tulips for arrangements	28 Spring dinner party for business partners <i>Cardio and core</i>	29 ARBOR DAY Plant new saplings <i>Weight training</i>	30 PASSOVER ENDS Horseback ride <i>Hike and stretch</i>

MARTHA SAYS

"At the start of spring, I love finding fresh morel mushrooms at my local farmers' market—I have even found them growing on my own property. I always look for ones with an earthy, woody aroma. They tend to have the most robust and nutty flavor. Since dirt and debris can get caught in the crevices, I soak them in cold water, swish them around, and dry them thoroughly on towels right before cooking."

TOP TIP



Just Add Compost

Spreading a layer on flower beds helps add nutrients to the soil, while also protecting emerging growth from any unexpected late frosts.

Before fall-planted bulbs and perennials emerge from the ground in early spring, apply an even layer of compost that's about an inch or two deep over the garden beds.

BECAUSE YOU'RE WORTH IT.™

3,2,1...done!
Eva Longoria

Root COVER UP

lorealparisusa.com



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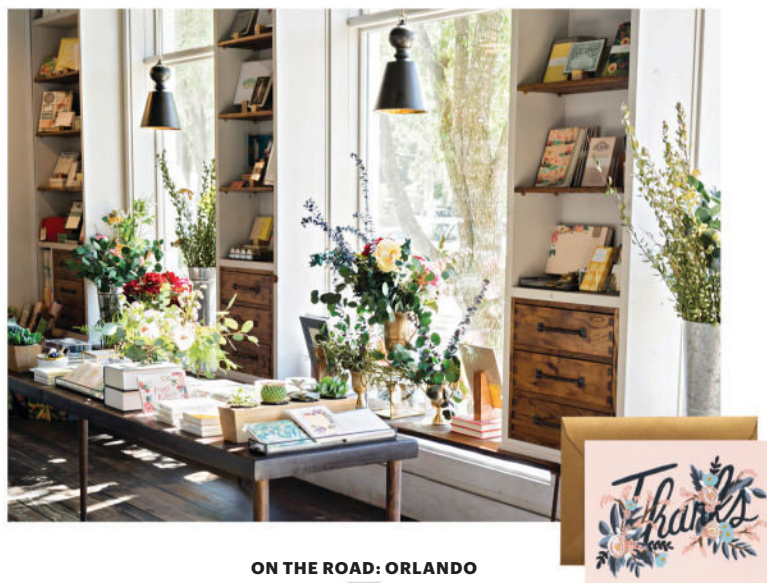
INSTAGRAM FAVORITE

One look at Flora Starkey's stream of spectacular arrangements and blooms, like this rose, *above*, and you'll be transported to a romantic English garden. As a designer in London, she offers a glimpse into her latest projects with her posts. You'll find arresting centerpieces, gorgeous garlands, and breathtaking installations. Don't be surprised if she inspires you to become an artful arranger, too.

@marthastewart

Out & About

Where to go, what to see, and how to elevate your April.



ON THE ROAD: ORLANDO

We love Rifle Paper Co.'s stationery for its whimsical hand-painted designs. Next time you're in Florida, visit the company's flagship store, just north of Orlando, to stock up on cards and gifts, and peek into the design studio where things are made. Then try the spots co-owner Anna Bond loves most about her neighborhood, *below*.

📍 Rifle Paper Co., Winter Park, Florida ▶ riflepaperco.com



Lunch like a local at the Strand, where fresh seasonal ingredients are sourced from nearby farms.

▶ strandorlando.com



Wander through East End Market's shops and eateries and enjoy a midday meal on the outdoor patio.

▶ eastendmkt.com



View painter Will Cotton's signature candy landscapes at the Orlando Museum of Art (through June 5).

▶ omart.org

CHECK THESE OUT

Spring is in the air, which means it's the season for strolling flea markets and antiques fairs. Here, a few of the best:

Alameda Point Antiques Faire

On the first Sunday of each month, more than 800 vendors set up shop along the eastern shore of San Francisco Bay. Take in the skyline as you browse the eclectic mix of furniture and art.

📍 Alameda, California; alamedapointantiquesfaire.com

Marburger Farm Antique Show

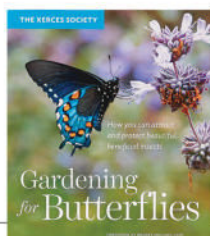
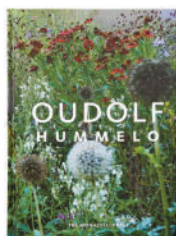
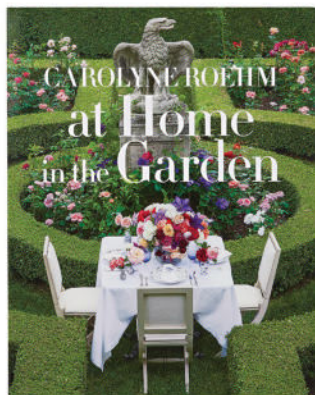
Whether you're looking for sleek midcentury-modern décor or an ornate European chandelier, you'll find it at this giant fair (March 29 to April 2) showcasing a diverse range of dealers from around the world.

📍 Round Top, Texas; roundtop-marburger.com

Renninger's Antique Market

To score deals on quirky collectibles, come early. Serious shoppers arrive at the outdoor market every Sunday with flashlights for the 5 a.m. opening.

📍 Adamstown, Pennsylvania; renningers.net



ON OUR BOOKSHELF

Everything is coming up roses (and tulips, and peonies) in our editors' favorite floral books. Decorating editor **Kevin Sharkey** brings Carolyn Roehm's lush landscapes and colorful flowers into his living room with *At Home in the Garden* (Potter Style, 2015), her latest work. Garden editor **Melissa Ozawa** finds inspiration in *Hummelo: A Journey Through a Plantsman's Life* (Monacelli Press, 2015). The book explores the personal gardens of Dutch landscape designer Piet Oudolf, who masterminded the plantings for New York City's High Line and Chicago's Lurie Garden. Celebrate Earth Day (April 22) by taking cues from *Gardening for Butterflies* (Timber Press, 2016), which suggests the best blooms for attracting spring's prettiest winged creatures.

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Hello, My Name Is . . .

A **FUNNY THING HAPPENED** on my way to becoming a loyal reader of this magazine for 25 years: I became its editor. When the first issue debuted, I didn't even have a home of my own. I was moving into a college dorm, where I was surrounded by lackluster cinder-block walls. But that minor detail never stopped me from dreaming, because the pages of *Martha Stewart Living* were always filled with fresh ideas—both big and small—to make life unequivocally better, more beautiful, and undoubtedly more inspired. The first Good Thing I adopted was decanting our family dish soap into a prettier bottle on a visit home during spring break. (You're welcome, Mom!) That was just the beginning of Martha as a part of my life, both personally and professionally (most recently I was editor of *Martha Stewart Weddings*). My favorite recipes have come from this title, as well as the décor ideas that found a place in the home I have now that I'm a mom. Even the clutch of white peonies that I carried down the aisle can be traced back to *MSL*. Clearly, I've come to expect a lot from this magazine, and I know you do, too. I hope that we will continue to surprise and delight generations to come, and that you will always feel free to tell me what you love, what you don't, and what would help make your life unequivocally better, more beautiful, and undoubtedly more inspired!

Elizabeth Graves
Editor in Chief
elizabeth@marthastewart.com

Spring-Clean Your Life! Check out Martha U, our newest online destination, to get room-by-room guides for sprucing up your entire home, plus checklists, tips, and more. Visit marthastewart.com/MarthaU.

Savor the dark



INTENSE DARK

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On the wings of modern.

The Luxe Wingback Chair. Modern lines tailored in an ikat print inspired by an antique Indonesian robe.



Furniture Collection
Crate&Barrel

68

SPRING ELIXIRS

Six invigorating soups—just in time to warm away the early-spring chill.

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How a Los Angeles family revamped their classic ranch home to make it feel bigger and brighter.

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Think beyond the carton: Yogurt enhances eight dishes, from delicious appetizers to divine desserts.

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A Vermont couple live year-round off their farm's supply of fruits and vegetables—and breathtaking views.



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WILD AND WONDERFUL

A patient gardener grows rare and unusual flowers so that they can be enjoyed now and for years to come.

COMING TO BLOOM
This peony is one of the many gorgeous woodland blooms available at Hillside Nursery.

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On the Cover

Spinach flatbread is made even more delicious with a slathering of yogurt and a sprinkling of Egyptian-inspired spices. Photograph by Christopher Testani. Prop styling by Ayesha Patel.

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FROM MARTHA

Teach and Inspire

▶ Good hair helps, and so do a great stylist and colorist. I head to Parvin Klein at the John Barrett salon in New York City. She has been highlighting my hair for 25 years. For cuts, I go to Kevin Marques of New York's Frédéric Fekkai, who styled my hair here (see his tips on the following pages), as well as Katsu Nakamura at John Barrett and James Vides of Sally Hershberger.



The Mane Event

Styles may come and go, but one thing remains the same: Beautiful hair is healthy hair. Here's my personal routine (and a few products I love) for getting soft, touchable locks.

PHOTOGRAPHS BY FADIL BERISHA

Hair Care

FROM MARTHA

SO MUCH HAS EVOLVED SINCE

I started paying attention to my hair. When I started modeling at age 16, there were very few hair salons in my town, and most products were found in drugstores and targeted to the problem du jour (dandruff apparently being a big one). Ladies gave themselves “perms” at home, including my mother, whom I recall rolling up those tiny rollers and applying smelly chemicals every few months to curl her beautiful brunette hair. Hair coloring was also primitive: We experimented with lemon juice in the sun, peroxide in our bathrooms, and various colorants to add frosty streaks, cover gray, and highlight.

Today, it’s a different story. Our towns are filled with excellent stylists and chic salons. Products are safer, too, and formulated to really improve all hair types (not just cure dandruff). I still love to experiment, though. I wash my hair four or five times a week, using a different shampoo and conditioner each time—and I swear by the benefits of a weekly moisturizing mask.

For great everyday hair, I follow these rules:

1. Start with well-shampooed and -conditioned hair.
2. Blow-dry with as few products as possible.
3. Use a gentle natural-bristle brush for blow-drying.
4. Try not to backcomb, unless you are doing an updo or covering thinness.
5. Apply unscented light hair-spray sparingly, if needed, after your hair is the way you want it.
6. Keep a small brush in your bag for touch-ups throughout the day.

ROLE MODELS

During my modeling days, we didn’t have a team of stylists for photo shoots. I had to do my hair myself. Here are a few of my favorite looks and the styling tools that you can use to achieve the volume, hold, or sweep you’d like.



▲ High Style

For such an updo, hairspray is essential to keep strands smoothed back. Look for a formula that offers a light hold, like this one, and an alcohol-free formula to prevent dryness.

Pantene Pro-V Style Series Airspray (Level 3 Hold), \$7, pantene.com.



▲ Side Swept

Boar-bristle brushes distribute oils to deliver flawless, shiny strands. This one is stylist Kevin Marques’s favorite.

Y.S. Park G-Series Curl Shine Styler brush, from \$40, passionbeauty.com.



▲ Retro Flip

Aerated foams give hair body and help it look and feel thicker. Today’s formulas are much softer to the touch and won’t weigh fine hair down.

John Frieda Luxurious Volume Perfectly Full mousse, \$10, johnfrieda.com.



▲ Lift Off

Using a lightweight spray, like this one, at the roots adds both volume and texture. Blow-dry hair with the air focused upward; backcomb for more height.

L'Oréal Paris Boost It Air-Blown Texture Mist, \$5, lorealparisusa.com.



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Hair Care

FROM MARTHA



BLOW-DRY LIKE A PRO

For a polished look with just the right amount of volume, Martha turns to Kevin Marques at New York City's Frédéric Fekkai salon. Here's how he does it.

1

PRE-DRY & PREP

Tousle hair dry a bit first, then place a round boar-bristle brush beneath the hair around the face, focusing warm air on the roots for lift while keeping strands taut.

2

SECTION & STYLE

Before drying the sides, pin up hair so you can start with the bottom layer and work with small sections. Use the round brush to add subtle bend to ends.

3

LIFT & SMOOTH

Work front to back, blow-drying sections from underneath to create lift, then from above (focusing the dryer's nozzle down) to really smooth hair.

4

COOL & FINISH

Last, switch the dryer to a cool setting and concentrate it on the roots around the crown to achieve a soft, natural look.

MARTHA'S TOOL KIT



Hot Air

"This hair dryer makes quick work of drying my entire head. And it's light, so I don't experience any arm fatigue."

Kevin Mancuso blow dryer, \$299, kevinmancuso.com.



Light Luster

"A favorite for glossy, healthy hair. It contains light oils that really nourish and soften."

Oribi Gold Lust Repair & Restore shampoo and conditioner, from \$17 each, oribi.com.



Mask It

"I couldn't believe how wonderful my hair felt after I used this mask. The softness lasted for days."

Nexus Youth Renewal Masque, \$22, nexus.com.

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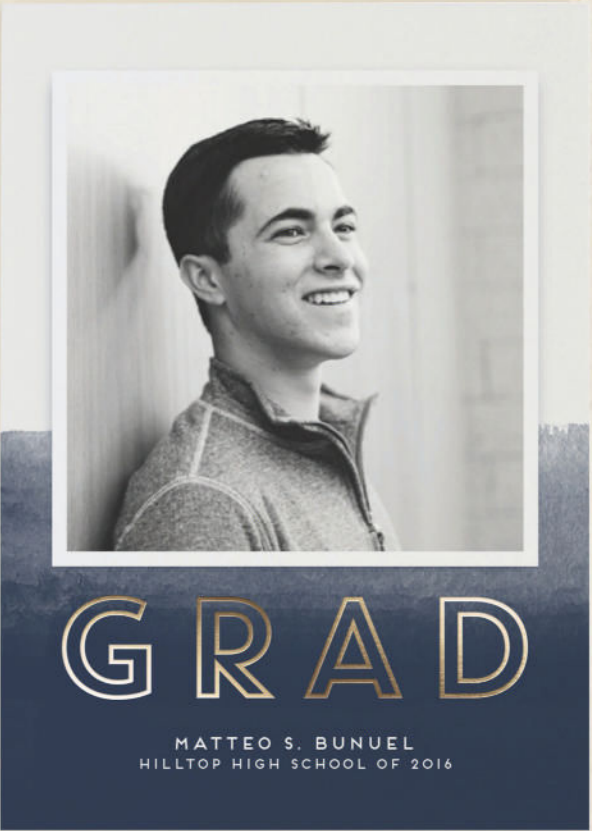


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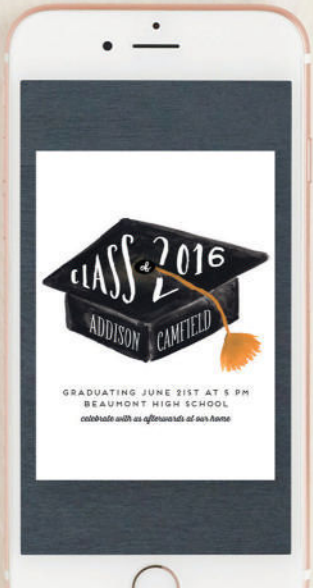
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GOOD THINGS

Fresh Ideas to Elevate the Everyday

Leaves and
butterflies
stay put
with just a
drop of
hot glue.

DIY DÉCOR

FLIGHTS OF FANCY

Welcome spring with a wreath aflutter with handmade butterflies and leaves. Paper-thin metalworking sheets make it easy to spread your crafting wings—simply snip out shapes using our templates, then bend and paint them to create a kaleidoscope of color. (For the how-to, see page 106.)

PHOTOGRAPHS BY AARON DYER



HOME CHIC HOME

Make an Entrance

Transform small and inexpensive area rugs (these are only \$4) into a full-length runner. All you need is a needle and thread. Using a whipstitch, hand-sew four 22-by-33-inch carpets together along their horizontal sides, then knot the thread securely at the end of each seam (for the how-to, see page 106). The result? One sleek piece—more than seven feet long—that's truly greater than the sum of its parts.

Signe rugs, in assorted colors, \$4 each, ikea.com.

IN SEASON

Beyond Basil

For a new spin on classic pesto, consider April's abundance of leafy greens. Arugula, kale, and baby spinach all purée up into a nutrient-rich sauce, bursting with flavor. Serve with pasta, vegetables, and meats, or as a sandwich spread.

Active Time: **10 min.**

Total Time: **15 min.**

Makes: **2 cups**

- 1** clove garlic
- ½** cup blanched almonds, toasted
- ¼** cup finely grated Parmesan
- 10** ounces baby spinach, arugula, kale, or a combination
- ½** cup extra-virgin olive oil
- Coarse salt

In a food processor, pulse garlic and almonds until finely chopped. Add cheese and half of greens; pulse until combined. Add remaining greens; pulse to a paste. With motor running, pour in oil. Season with salt.



We couldn't help but notice that you didn't notice.



When we took the artificial flavors, preservatives and dyes out of Kraft Macaroni & Cheese, we wanted to be sure it still tasted like the Kraft Mac & Cheese you know and love. So three months ago, we quietly started selling the new recipe in our old boxes to see if you'd notice. And your silence spoke volumes. After all, it's pretty hard to speak with your mouth full.



You know you love it.

Good Things
Revisited

Bite-Size Brunch

In the November 1996 issue of *Living*, we baked mini frittatas in muffin tins. Now we're cutting to the chase (and making post-party cleanup easier) by cooking up a singular masterpiece and slicing it into scrumptious squares.

Active Time: **15 min.**

Total Time: **35 min.**

Makes: **54 mini portions**

1½ cups whole milk

½ cup all-purpose flour

Coarse salt

12 large eggs

**1 cup cooked spinach,
squeezed of excess liquid**

**1 cup jarred roasted red
peppers, sliced**

1 cup grated Parmesan

Safflower oil, for parchment

1. Preheat oven to 425°. Whisk together milk, flour, and 1¼ teaspoons salt. Add eggs; whisk to combine. Stir in spinach, red peppers, and cheese.

2. Line a 9-by-13-inch baking dish with lightly oiled parchment, leaving a 2-inch overhang on two sides. Pour in egg mixture; bake until just set, 18 to 20 minutes. Let cool 10 to 15 minutes.

3. Using parchment, transfer frittata to a cutting board. Cut into 1½-inch squares.



CELEBRATIONS

Easy as Pie

When finely ground, matzo becomes the base for a seder-ready take on a graham-cracker crust. Preheat oven to 350°. In a food processor, pulse 4 to 6 sheets **matzo** to a fine crumb (you should have 1½ cups).

Add ¼ teaspoon **coarse salt**, ⅓ cup melted **coconut oil**, ¼ cup **sugar**, and 3 tablespoons room-temperature **water**. Pulse to combine, then press into the bottom and up the sides of a 9-inch pie plate. Bake until light golden, 16 to 18 minutes. Let cool completely before filling with your favorite kosher curd or chocolate ganache.

TABLE
TOPPERS

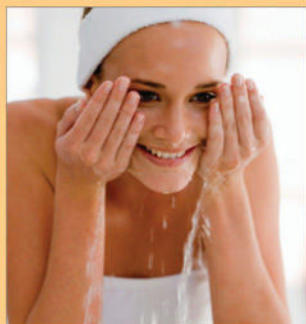
Cover Your Places

A good old hardware-store staple, the drop cloth, deserves a place at the table when you turn it into eye-catching place mats. One cloth makes three dozen—simply cut a six-by-nine-foot piece into 12-by-18-inch rectangles. Fray the long sides by unraveling several horizontal threads with a pin. To create the striped borders, adhere masking tape ½ inch from the side edges, then apply craft paint. Once it's dry, remove the tape.

BAKING SODA does that?!

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You won't believe the things that baking soda can do.
One box, countless uses. Save your tool kit and discover more...



BEAUTY DISCOVERY #14

Give yourself an invigorating and gentle facial and body scrub at home! Simply make a paste of 3 parts ARM & HAMMER™ Baking Soda to 1 part water, and rub paste in a gentle, circular motion to exfoliate skin. Rinse skin clean, being careful to avoid eye areas, and dry for unbelievably soft skin!



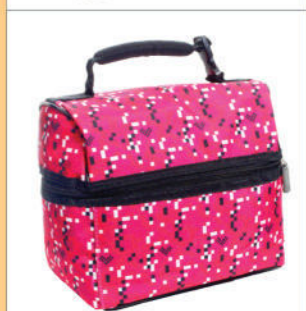
DEODORIZING DISCOVERY #8

Shake a little ARM & HAMMER™ Baking Soda into sneakers inbetween wears to absorb odor-causing moisture. Shake out excess Baking Soda before wearing.



DEODORIZING DISCOVERY #33

Before you run the dishwasher, sprinkle ½ cup of ARM & HAMMER™ Baking Soda in the bottom of the dishwasher to absorb food odors.



CLEANING DISCOVERY #47

ARM & HAMMER™ Baking Soda is a natural, food-safe, and scratchless surface cleaner. Sprinkle on a damp sponge and wipe counters, stainless steel sinks, cutting boards, microwaves, plastic containers, lunch boxes, oven tops, and more!

Plus!

For more cleaning how-tos and videos, visit www.marthastewart.com/MarthaU



BAKING SODA 101

The tips you'll find on this page use ARM & HAMMER™ Baking Soda in three different ways. Follow these guidelines for each use!

1. Use Directly

Baking Soda can be sprinkled directly on surfaces or onto a sponge.

2. Make a Solution

Use 4 tablespoons of Baking Soda for each quart of warm water.

3. Make a Paste

Add just enough water to the Baking Soda to achieve a consistency that will not run if applied to a vertical surface.



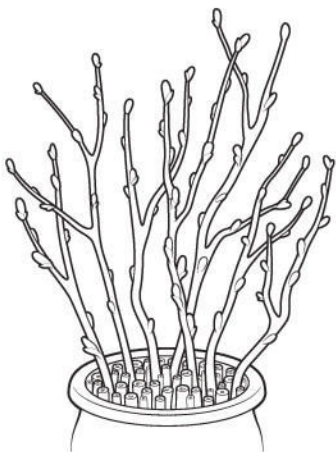
PRESENTED BY



**SNACK
SMARTS**
Groundbreaking Dip

This isn't your garden-variety vegetable spread: What looks like dirt on top of this ricotta mix is actually tangy olives. To make it, preheat oven to 275°. Arrange 2 cups pitted **Kalamata olives** on a baking sheet, then cook until crisp, about 3 hours. Let cool, then finely chop until almost powdery. Whip together 1 cup **ricotta** and 2 tablespoons **heavy cream** until thick. Place in a ramekin, and coat with 3 tablespoons of your freshly minced "soil." Use the remainder in pasta, salads, and sandwiches.

Crudités
with green tops
intact look
just pulled from
the garden.


TIP

The trick to creating a striking arrangement of branches, like pussy willows, is to save the trimmings. Add them to the urn to act as filler and keep the branches upright, then cover them with moss.

PERSONALIZE IT
Through Tinted Glasses

Elevate pastel tumblers with etching cream. We fashioned semicircles on each of these to give a cheeky glass-half-full impression. (For the how-to, see page 106.) Rinse them after crafting and they're ready to be filled up with a cold drink.

Glass etching cream, by Martha Stewart Crafts, \$32 for 6 oz., michaels.com. Sitting glasses, \$5 for 2, ikea.com.

Build a one-of-a-kind set by using cups in various colors.





Paint screw hooks to match the bungee cords' hardware.

CLUTTER CONTROL

Shelf Life

Don't hide pretty notebooks and reading materials inside your desk—organize them on ledges and secure them with colorful bungee cord. Get the corner molding and hooked cords at your local hardware store. Paint as desired, then attach them to the wall, and you've got a gallery you can switch up as often as you like. (For the how-to, see page 106.)

Outside corner molding, 1½" by 1½", \$9.25 for 96", homedepot.com. USA hooked bungee cord, by ATE Pro Tools, 36", \$2, sears.com.

Line the lowest row with items you reach for most often.

**CONTAIN YOURSELF****Grab and Grow**

Think of this smart, portable tool caddy as your new garden assistant. The tall wooden-dowel handle minimizes crouching, and tin cans serve as catchalls for floral shears, gloves, seed packets, and other essentials. Paint each can a bright color that will stand out against soil and greenery, and you'll never lose track of your tools again. (For the how-to, see page 106.)

**DIY STYLE****A Kick of Color**

A little craft paint is all it takes to step up your sneakers. Use masking tape to block off sections you'd like to leave white, and paint the exposed areas, letting the seams serve as a guide. A detail brush works best on shoelace tips and narrow spaces.

All-surface craft paint, by Martha Stewart Crafts, \$2.50 for 2 oz., michaels.com.



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FORGET THE MESS.**



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GOOD LIVING

Home, Garden, Beauty, Health



TABLEAU

BOLD + BEAUTIFUL

Common garden blooms dazzle when their vivid colors come together. Here, New York City floral designer Lewis Miller, author of *Styling Nature* (Rizzoli, 2016), mixes fuchsia azaleas with crimson crab-apple blossoms, then sets them ablaze with a pop of high-contrast white daffodils.

PHOTOGRAPH BY DON FREEMAN



Open tops offer easy access to favorite dish towels and napkins.

Large baskets keep onions and potatoes dry.

A Pantry Primer

As more fresh produce rolls into markets this month and your excitement builds to get cooking, it's time to think of the pantry as your ultimate kitchen arsenal (and not as an inevitable catchall). To get yours in pristine working order, consider the tips on these pages. You'll learn how to clear out the old, bring in the new, and completely enjoy seeing everything in its place and ready to go.

PHOTOGRAPHS BY
ANNIE SCHLECHTER
TEXT BY KELLY TAGORE

Removes 99% of the #1 spring allergen.
Every wash, every time.



all® free clear gets out what your kids will be wearing this season, removing 99% of the tree and grass pollen that can stick to your family's clothes.

give us your worst, we'll give it our 

Learn more by visiting www.WashOutAllergens.com.

Organizing

GOOD LIVING

1

TAKE INVENTORY

Identify what you'll never use and what's past its prime. "Best by" dates are helpful but not stamped on all items (and are often lost when you decant the contents into airtight vessels). One solution: Write the date you bought the food on a small label, and stick it on the container's bottom. Another? "Trust your senses," says Dana Gunders, a senior scientist at the Natural Resources Defense Council. Here's how.

COFFEE BEANS

If they smell robust, they'll make a decent cup of joe.

WIN
\$25,000!

Make over your pantry (and much, much more) by visiting marthastewart.com/25k to enter for a chance to win. (See page 113 for more details.)

DRIED FRUITS

Once they harden and lose their plumpness, get rid of them.

EVALUATING OILS

Best for Three months.

How to assess If it smells rancid or tastes bitter, toss it.

+ Strategy Nut and seed oils spoil quickly; stow them in the fridge to extend their life.

EYEING HERBS & SPICES

Best for Six months.

How to assess Technically they never go bad; they just lose flavor and color.

+ Strategy Buy whole, in small quantities, and grind as needed.

FACTORING FLOURS & GRAINS

Best for Six months, if whole-grain. White varieties last for a year or more.

How to assess Don't cook with them if they smell rancid.

+ Strategy Refrigerate or freeze seldom-used specialty flours (almond, coconut) and other whole-grain products.

SURVEYING NUTS & SEEDS

Best for Three months.

How to assess Bad batches taste bitter and smell off.

+ Strategy Freeze if not consuming them right away; sesame and poppy seeds spoil especially easily.

2

PURGE THOUGHTFULLY

Throwing out food is tough; a few waste-not options:

Deodorize the fridge with bowls of old coffee grounds.

Rehydrate stiff raisins and dried cranberries in water until plump; then drain and use them in baked goods.

Donate unexpired canned goods to charity.

Regift a new item (like a spice you're not fond of but got in a set) with a recipe for a friend who would enjoy it.

Organizing

GOOD LIVING

3

ESTABLISH ORDER, BEAUTIFUL ORDER

Equipped with smart storage systems, your hardworking cupboard will preserve foods longer and display its contents better. Then you can grab what you need and put it back with equal ease.

PRETTY BASKETS & TRAYS

Store items you don't use daily—small appliances, for example—in larger bins. Enlist smaller ones and trays (which can slide in and out like drawers) to corral bagged snacks or all the provisions in a particular category (such as baking).



Medium Montauk rectangular bin, in Grey, \$20; **small Hogla bin with handles**, in Natural, \$18; and **large herringbone bamboo tray**, \$35, containerstore.com. **Feed steel condiment caddies**, \$19 each, westelm.com. **Bread basket**, \$78, marchsf.com.

Store cookie cutters inside.

**CANISTERS & AIRTIGHT JARS**

Staples such as flours, grains, and cereals stay fresher in well-sealed vessels. Use glass, ceramic, and copper containers instead of plastic ones, which can absorb the odors of their contents.

Medium copper canister, \$80, williams-sonoma.com. **Pop round containers with lids**, by Oxo, \$40 for 3, crateandbarrel.com. **Whiteware basketweave containers**, by Martha Stewart Collection, \$89 for 3, macys.com. **Neutral small white canister**, 18 oz., \$10, cb2.com. **Enamel canisters**, in White and Grey, \$20 each, brookfarmgeneralstore.com. **Fido jar with copper lid**, by Bormioli Rocco, \$13, containerstore.com.

SPICE JARS

It's fine to leave herbs and spices in their original bottles, but these options open wide and fit measuring spoons for simple scooping. To prolong these goods' lives, store them away from light and heat.



One glance and you know if you're low.

Acrylic spice jar, 3 oz., \$3; and **Commercial straight-sided jar** (with white lid), 4 oz., \$2, containerstore.com. **Turned wooden spice jars**, in Maple or Cherry, \$65 for 2, food52.com. **Magnetic spice tin**, \$3, bedbathandbeyond.com. **Canning jar**, by Weck, 2.7 oz., \$3, crateandbarrel.com. **Rajtan spice jar**, 5 oz., \$3.50 for 4, ikea.com.

RISERS & RACKS

With a variety of platforms, you can group items together—and see them all at once. Lazy Susans also let you quickly assess what you do and don't need on your shopping list.



Bekväm spice rack, \$4, ikea.com. **Bamboo in-drawer spice rack**, \$15, williams-sonoma.com. **Three-tier stainless steel expanding shelf**, \$30, containerstore.com. **Lipper bamboo single turntable**, 10" by 10", \$10, bedbathandbeyond.com.

BREATHE EASY

It's time to clear the air, quite literally. Follow our tips to make your home sparkle and shine—and enhance your health, too.

PHOTOGRAPH BY YASU + JUNKO
TEXT BY JEN RENZI

THE COMFORTS of a modern home are myriad—temperature-controlled rooms keep you warm in the winter and cool in the summer, and carefully engineered windows can even cocoon you from noisy neighbors and nasty drafts. “Newer constructions are more airtight than older ones,” says Alan Barlis, a New York City–based green architect. But there’s a catch. A home that blocks out the outside world also seals in potentially harmful substances—including dust, dirt, and mold. You also have to contend with microscopic fragments that are released when you cook or light a candle, and volatile organic compounds (VOCs),

which are given off by some detergents and paints, and certain materials in furniture. Over time, these things can irritate eyes, skin, and airways, says Neil Kao, an allergist in Greenville, South Carolina. Some researchers also suspect that VOCs could be a contributing factor in higher cancer risks. Fortunately, driving out these elements is easier than it sounds when you do these small tasks on a daily, weekly, and seasonal basis.

► **Every Day**

Open the windows. The simplest way to improve your air is to let some in from outside, says Barlis. This is important when you’re air-drying laundry, taking a shower, cooking, or cleaning—even in kitchens and bathrooms built with ventilation systems that exhaust directly to the outdoors. If yours feature only recirculating fans, be sure to leave the nearest window open as they run. Scrub

the filters and degrease screens every six months.

Switch on an air purifier. It may be worth the investment if letting in a breeze is problematic (if you have seasonal allergies, for instance). This device fits into a central-air system and can catch up to 99 percent of large particulates like pollen and dander. Look for one rated MERV-13 or higher. (MERV, which stands for “minimum-efficiency reporting value,” is a measure



The Well-Kept Home

GOOD LIVING

of filtering efficiency.) For those without central air, a free-standing HEPA (high-efficiency particulate air) filtration unit can be very effective within a room, though not over the entire house. Place one where you spend the most time, such as your bedroom or living room.

► Twice a Week

Patrol for dust. While modern houses built away from or high above busy streets may need a dusting just once a week, grime builds up more quickly in older structures or those with poor ventilation. These homes require more-frequent wipe-downs. Make sure to dampen your rag—dust and water molecules conveniently latch onto each other. For wood surfaces and antiques, break out a microfiber cloth. Don't forget windowsills, shower rungs, and shelves. Always start high and finish low, says Sabrina Fierman of New York's Little Elves, a fine interior cleaning company, to get every last speck. Another tip: Adopt a minimalist look—clutter-free surfaces are speedier to tidy.

Wash towels and mats. Air-dry them well after each use (when wet, they breed mold). Toss towels into the machine every three or so days; mats half as often. Avoid those with rubber backings, which don't weather washings. A no-fuss alternative? Lightweight machine-friendly towel mats.

► Weekly

Grab a mop. “The most effective way to clean the air is to clean the floor,” says Derrick A. Denis, vice president of indoor environmental quality at Clark Seif Clark, a Chandler, Arizona, consulting firm. After all, gravity pulls down particles, which then swirl back up with the smallest crosscurrent. Brooms get at crumbs, but to rein in the teeny-tiny particles that irritate your respiratory system, swab down or squeegee once a week. To reach tight spots effortlessly, choose a mop with an articulated, telescoping handle and a removable machine-washable top.

Vacuum with a vengeance.

For rugs and upholstery, use a vacuum equipped with a HEPA filter; this ensures that what you just sucked up (at least, 99.97 percent of it) doesn't go right back into the air. Snap on attachments to target furniture, and the small brush for tops of books along your shelves. Then go for the floors. Dense carpets trap more dust—and require several passes with the machine. Lighter weaves or bare floors make the task easier, as does choosing covered shelves instead of open ones for your library.

Launder your linens. They trap skin cells that slough off while you sleep, as well as dust and the mites that feed on it. These pests then generate by-products that can trigger allergies. To get rid of them, wash sheets and pillowcases at the hottest setting. Stick with machine-washable bedding. Keep extra pillows in a closet,

and minimize decorative ones. Dust mites love bedrooms (and beds) because they tend to be especially warm and humid. Bring in a dehumidifier during the summer, or turn on your AC—cold air is inherently drying.

► Each Season

Wash your pillows. Dust and dust mites love the insert, too. Fortunately, you can obliterate them in your washer (check the care label). Do two per load to keep it balanced—once with detergent (use liquid; powders can leave residue), and again without. Then tumble-dry on no heat, with tennis balls to keep them fluffed. To reduce the chore to twice a year, protect pillows with anti-dust mite encasings.

Strip the window dressings.

Curtains and drapes are huge dirt collectors, so cleanse regularly, following care instructions. Custom treatments, especially those with elaborate detailing such as pleats, can often only be dry-cleaned, even if crafted from a typically resilient material like cotton. Vacuum them instead. For the fastest clean-ups, opt for blinds; those with smooth textures trap less dust. With a wet cloth, you can restore them to their original glory—no heavy lifting required.

Good Buys

For a home that makes you feel as terrific as it looks, interior designer Kati Curtis offers these suggestions.



FRESH COATS

Go for zero-VOC options, such as Benjamin Moore Natura paint—unlike conventional formulas, they use emulsions that won't release dangerous vapors.



SMART DESIGNS

Sustainably crafted furniture, like this Kalon Studios chair, is nontoxic and won't give off a chemical scent. (That's the smell of VOCs.)



NATURAL CLEANERS

Plant-derived products, including those from Method, are often labeled “hypoallergenic,” “nontoxic,” or “no-VOC.”

Editors' Picks

GOOD LIVING

**Spot On**

Sudden downpour? With a press of a button, this **Shed Rain** stick umbrella pops open—and it's big enough for two. \$40, shedrain.com.

**Munch Time**

Foul weather makes binge-watching a must-see show practically guilt-free. Feel nearly virtuous by snacking on healthful **Wabash Valley Farms** popcorn. \$7 for 2 lb., popcornpopper.com.

**Storm Trooper**

Be the bright spot in everyone's day with a hand-sewn rubberized-cotton **Stutterheim** Stockholm raincoat. \$295, stutterheim.com.

RIGHT AS RAIN

When the clouds begin to rumble overhead, we've got you covered with these cheery finds. Brave the elements or simply stay inside—the drizzly days of April won't ever get you down.

PHOTOGRAPHS BY MIKE KRAUTTER

Nesting Instincts

This vibrant assortment of bowls by **Martha Stewart Collection** will have you turning a rain delay into a baking extravaganza. \$30 for a set of 6, macys.com.

**Good Measure**

AcuRite's handy thermometer and rain gauge monitors total rainfall, so you'll know when to put out the sprinkler and when to save the water. \$15, homedepot.com.

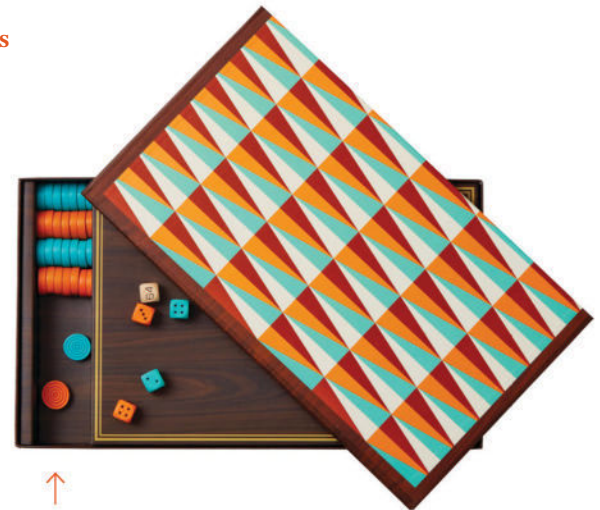
Puddle Jumpers

Go ahead and make a splash in these classic wellies by **Hunter**; their unexpected hue signals that blue skies are most definitely ahead. \$160, us.hunterboots.com.



WIN THIS!

Love these Hunter boots? They could be yours! Visit marthastewart.com/winthis on April 8 for your chance to win. (For more details, see page 113.)

**Roll With It**

Good old backgammon never felt this new. The edition from **Ridley's Game Room** is so fun and graphic, you'll want it on your table long after the rain is gone. \$24, daytripsociety.com.

Decked Out

Keep a round of gin rummy extra-lively with **Fredericks and Mae** playing cards. They span the rainbow and come in a foil-stamped box. \$13, fredericksandmae.com.



1. To the right of the chair.



CAN YOU FIND THE CAT?

Fresh Step® with the power of Febreze™ eliminates litter box odors so well, you might start wondering where your cat went.

Visit Freshstep.com for more games & rewards.



Spring-Clean Your Routine

As you're storing your winter sweaters and dusting off the grill, take time to give your beauty tools a washing, too. With the right TLC, they'll be as good as new—and help makeup go on smoother and your hair shine brighter.

PHOTOGRAPHS BY YASU + JUNKO TEXT BY MELANIE RUD CHADWICK



DID YOU KNOW?

Many brands use a "period after opening" (PAO) symbol, *above*, on their packaging to indicate how long a product is safe after it's been opened. To remember when exactly you cracked the seal, note the date on the container with a permanent marker. Don't see a PAO? Smell and touch the item. Odor and goopiness are sure signs you should toss it, says Chicago cosmetic chemist Perry Romanowski.

RINSE CYCLE

Spring is all about new beginnings—and that includes your bathroom essentials. We've got your scrub-down strategy to refresh the tools you use every day and keep them tidy.

ELECTRONIC FACE BRUSH

+
CLEANSER

CLEAN IT
Daily



The Dirt Using a grimy face brush is counterproductive. "Dead cells, oil, and bacteria accumulate on the bristles and wind up back on your skin," explains Mona Gohara, an associate clinical professor of dermatology at Yale School of Medicine.

To Clean Dislodge particles from the brush head by rubbing it against a dry washcloth. Every few days, apply a nonsoap wash—like **Cetaphil** Gentle Skin cleanser (\$14, cetaphil.com)—to the device and turn it on to work in the cleanser. Then rinse it with warm water and let it air-dry.

▼ **Replace It**
Every three months, as bristles become distressed and bent out of shape.

HAIRBRUSH

+
VINEGAR

CLEAN IT
Bimonthly



The Dirt Product residue and natural oil from your scalp build up on bristles, which then weighs down your hair, says San Diego stylist Jet Rhys.

To Clean Remove loose strands after each use by running another hairbrush through the bristles. (Or do as Martha does: Lift away mats with an orange stick.) To cut through dirt, Rhys recommends a deep-cleaning every few weeks by soaking the brush in one part apple-cider vinegar to two parts warm water. Then rinse it with warm water for a few minutes and let it dry overnight.

▼ **Replace It**
If the bristles are bent or falling out.

TOOTHBRUSH

+
BAKING
SODA

CLEAN IT
Weekly



The Dirt Our mouths are the germiest part of our bodies. As a result, toothbrushes are riddled with bacteria, making proper cleaning crucial, says Marc Lowenberg, a cosmetic dentist in New York City.

To Clean Swish your toothbrush in equal parts hydrogen peroxide and baking soda, then rinse thoroughly. The former is an antibacterial agent; the latter offers gentle abrasion, explains Lowenberg. If you share a brush holder, use one with individual holes to keep the bristles from touching and picking up germs from one another.

▼ **Replace It**
Every three to four months, or immediately following an illness.

LOOFAH + EXTRA BODY WASH

CLEAN IT
Daily



The Dirt Loofahs, poofs, sponges—they're all veritable petri dishes. "Consider all the crevices, coupled with their being stored in a damp shower—it's a prime environment for bacterial growth," says Gohara.

To Clean Before sudsing up, run your sponge under hot water and rub body wash or soap into it. This helps remove any accumulated germs, says Gohara. After bathing, rinse it well with hot water again and dry it outside the tub, by hanging it on a hook or cabinet handle.

▼ **Replace It**
Every two months, or when it begins to discolor.

MAKEUP BRUSH

+
SOAP

CLEAN IT
Monthly



The Dirt "You can get some nasty infections, including pink eye and even staph, from a dirty brush," cautions Chicago makeup artist Jenny Patinkin.

To Clean Swirl brush heads on a bar of facial soap to dislodge debris. (Martha loves **Orentreich Medical Group's** emollient silicone soap bar; 212-794-0800.) Then rinse the bristles thoroughly with warm water. Repeat these steps until the water runs clear. Let brushes dry overnight on a towel, making sure the heads hang over an edge to keep their shape intact.

▼ **Replace It**
Anytime the bristles start to snap or shed.

MAKEUP BAG + WIPES

CLEAN IT
Quarterly



The Dirt Even without major mishaps, uncapped makeup and cracked compacts sully a bag's interior—along with your hands, which emerge filthy each time you reach inside.

To Clean Dump out the bag's contents, then scour the insides with a disposable makeup-removing wipe, advises Patinkin, who likes **Neutrogena** Makeup Remover cleansing towelettes (\$7, neutrogena.com). Pitch or fix anything that's broken, then clean the rest of your makeup and tools before storing.

▼ **Replace It**
When the interior won't come clean or the lining starts to peel.

FEATURE ATTRACTIONS

Fresh new scents, smarter eye shadows, and a super soak, coming soon to a counter near you.

► **Green-light These**

Another welcome sign of spring: **Jo Malone London's** Herb Garden collection. Each of the five botanical perfumes smells as fragrant as the real deal. For a casual daytime scent, try the earthy-zesty Sorrel & Lemon Thyme. By night, spritz on Wild Strawberry & Parsley for its sweet-peppery notes. \$70 each, jomalone.com.



Inspired
by a
traditional
English
garden.

► **Easy on the Eyes**

Known for its clean approach to cosmetics, **Beautycounter** has nixed more than 1,500 questionable compounds often found in makeup. Now the company is also taking the guesswork out of how to apply eye shadow with its Color Shade Eye Duos. Choose from six versatile shade pairings. Simply sweep the lighter hue over the lid and the darker one in the crease. Each pan is fragrance-free and contains porcelain-flower extract, an antioxidant-rich botanical from Thailand. \$34, beautycounter.com.

▼ **SPOTLIGHT ON**

Magnesium Salts

To soothe muscles and stiff joints and help reduce inflammation, slip into a magnesium salt-infused soak.

Naturopathica gets its salts from a 250-million-year-old European salt bed that's so magnesium-rich, the product delivers 50 percent more of the mineral per ounce than Epsom salts. It also contains sweet birch oil, which Native Americans used like aspirin. **Sweet Birch magnesium bath flakes**, \$36, naturopathica.com.



▼ **Clean Slate**

Aveeno's Absolutely Ageless line smooths wrinkles with kid gloves. The Nourishing cleanser, shown, removes oil and dirt without over-drying, and the daily moisturizer uses blackberry-leaf and dill extracts to improve skin's elasticity and firmness. \$8, aveeno.com.



HIT LIST

**Handy
Packets**



FOR A FACIAL

Sheet masks are the easiest way to treat skin at home. **Farmacy's** offerings incorporate a carrot-extract formula to control oil and a kale version to calm stressed skin. Need tightening? Try the celery-based one, top, specially blended to soften fine lines. \$24 for 3 masks, farmacybeauty.com.

RESCUE YOUR EYES

GlamGlow Brightmud eye treatment, center, mimics the effects of a full night's sleep. Pat the mint-steeped clay under your eyes, wait three minutes, and tissue off any residue. \$69 for 12 treatments, glamglowmud.com.

BREATHE IN

Herban Essentials essential-oil towelettes combine beauty and aromatherapy in one pouch. Inhale mint to allay nausea. Lemon energizes as it acts as an astringent, while lavender calms and helps clear breakouts. \$16 for 20, herbanessentials.com.

spring essentials

Give yourself a fresh start this spring with these products and promotions from our partners.



BAN® ANTIPERSPIRANT DEODORANTS & TOTAL REFRESH® COOLING BODY CLOTHS

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FeelBanFresh.com

Ready to work up a sweat? Check out heart-pumping Cardio Tennis® at **FamilyCircle.com/Ban**. Try a live Cardio Tennis® workout sponsored by Ban® Skincare at Volvo Car Open (April 2-10, Charleston, S.C.).



© Heather Saunders Photography

POT & BOX

Last fall, 37 designers filled an abandoned Detroit house with American-grown fresh flowers. Project creator Lisa Waud will repurpose the land for a flower farm for her floral design business Pot & Box. Learn more at: **www.theflower.house**
www.potandbox.com



MARLEY SPOON

Fresh, seasonal ingredients and creative recipes delivered directly to your door. Get dinner on the table in less than 30 minutes. Receive \$30 off your first box with code DINNER. **marleyspoon.com**



HEALTHFULL® BREAD APPETIZER KNOCKOUTS

Want to keep your guests happy? Try party appetizers made with Healthfull's® 100% whole grains bread sliced into quarters with a dollop of savory ricotta spread or apple butter and chopped pecans. Learn more at **loveyourbread.com**



QUAKER® OATS

Keep up with the life you love. 100% whole grain Quaker Oats help reduce cholesterol as part of a heart-healthy diet.* **QuakerOats.com**

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old fashioned oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.



Just breathe. Research shows that 80 percent of us briefly hold our breath or take shallow ones while reading emails and texts—a quirk that Raleigh, North Carolina-based tech consultant Linda Stone calls “email apnea.”

ZEN IN THE DIGITAL WORLD

Text, email, and social media don't merely distract us. They plain stress us out. Here's how to manage the communication overload and delete the anxiety once and for all.

ILLUSTRATION BY YASMINE GATEAU
TEXT BY LOUISA KAMPS

IF YOU'RE FEELING frazzled, it could be that you're truly busier than ever before. Or it may be because of the 38 new emails in your inbox, the constant pinging of your phone, and your friend's just-baked Bundt cake on Instagram that you “need” to check out. You may think that this hyperconnectivity has increased your anxiety by lengthening your to-do lists. But in truth, the stress stems from something far more profound. Our portable tablets and phones steal away not only time, but also the very things that we crave to feel grounded, like sleep and

eye contact with other human beings. Clearing your inbox isn't the answer; changing your attitude toward it is. Consider this approach.

► **Don't start the day with emails**

You're just setting yourself up for a frenetic morning if you do. Pre-Internet, we faced just one or two pieces of information at a time that might spark an emotion, says Emma Seppälä, a psychologist and science director of Stanford University's Center for Compassion and Altruism

Research & Education. But today, the jumbled contents of a typical inbox—comments from your child's teacher, requests from friends, a coupon for shoes you covet, a credit-card bill—can be more than we're equipped to handle. “It's overwhelming,” Seppälä says. Another layer of stress occurs after you've dealt with all the email: You realize that you're now running late.

To avoid feeling defeated before even changing out of your pajamas, resist the urge to grab the phone as you roll out of bed. Instead, seize the day and focus on offline activities like packing

lunch. This way, you'll kick off your morning feeling productive.

► Stop the constant phone-monitoring

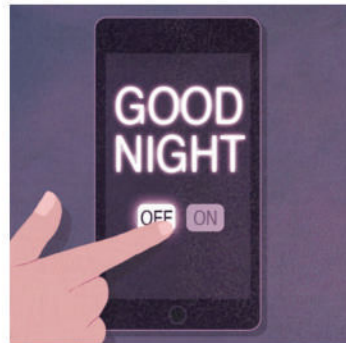
You don't need to go cold turkey. Just check your messages less often. A 2015 University of British Columbia study suggests that by curbing the habit to three times a day, you'll feel as calm as you would from taking up a relaxation technique, such as visualization (that's when you picture yourself on a beach or some other tranquil place). You'll also become more productive: When the study's subjects dove into their inbox only at the designated three times, they spent 20 percent fewer total minutes on it, compared to those who were tackling documents as they popped up throughout the day. (This means that if you typically spend an hour each workday on email, you've just gained an extra 12 minutes—and by Friday night, a whole hour, which is enough time to grab a bite with friends.)

This approach is tricky, of course, if you're expected to cater to a client's up-to-the-minute demands. The key is to figure out when you have to be plugged in and when you don't. For some of us, checking four instead of six times an hour is small but important progress. If you're concerned that colleagues might think you're ignoring them, create an auto-reply that lets them know you'll respond, just not right away. "It helps others understand that you're trying not to be obsessed with your email," says Larry D. Rosen, professor

emeritus of psychology at California State University. You never know—they may like your idea and change *their* habits, too.

► Ban tech before bed

It's bad enough that nine out of 10 Americans use their devices an hour before bed. What's worse, though, is that 49 percent swipe their phones on in the middle of the night when they're struggling to fall asleep, according to a 2015 study by Rosen.



To spend less time on your phone, start by giving yourself some slack by day, but adopt a no-phone rule by late evening.

The problem? What helps you get to sleep and stay asleep is the buildup of the hormone melatonin in your blood after dark. However, the blue light waves emitted from your screen disrupt that process. So you end up tossing and turning for even longer—and feeling awful the next day. "Sleep flushes away stress-hormone molecules," says Rosen, the study's author. With less of it, traces remain in the brain—muddling up our thinking and wreaking havoc on our

mood. We end up feeling forgetful (which in itself can be distressing) and testy. So wrap things up about an hour or so before bed, and don't take your phone with you. If you're worried about urgent calls, put it in a drawer and use the "do not disturb" setting, which filters only designated callers through.

► Hide your devices

If it's not your phone stressing you out, it's other people's. Scientists at the University of Essex, in the U.K., found that just having one on the table—even if it's not being used—keeps us from paying full attention to the person in front of us. Phones compete in the most nerve-racking way: by cutting us off without warning, so we're kept on high alert, argues Massachusetts Institute of Technology psychologist Sherry Turkle in her book *Reclaiming Conversation* (Penguin, 2015). So even as we're talking and listening to someone, we avoid asking thoughtful questions or giving detailed responses. Constantly being there-but-not-there destroys our ability for empathy. Conversation is critical to our collective well-being, writes Turkle; it's "the most human thing we do." Make efforts, then, to meet others in person, and mutually agree to leave those pesky disrupters in your bags. (Use the "do not disturb" setting, if need be.) You may find that, over time, you've fostered richer friendships, which, of course, are a great buffer against stress—from tech and of any other kind.

Tech Support

With these enlightened apps, you can use your phone or tablet to manage your time on it.

1

F.LUXXED

This program (*justgetflux.com*) will dim the light emitted from your laptop, tablet, or phone to match your indoor lighting as the sun sets. It's not only a nice reminder to put your device away—it reduces the sleep-diminishing blue waves coming from your screen.

2

FREEDOM

Praised by numerous productive writers, including Nick Hornby and Naomi Klein, this Internet blocker (*freedom.to*) will shield you from any site you choose or the entire Web—whenever and for as long as you like.

3

HEADSPACE

Instead of scrolling through Facebook when waiting in line, meditate with the help of this portable mindfulness trainer (*headspace.com*). Choose your goal (such as stress reduction or focus) and the app will guide you through a two-minute (or longer) session. It's quite possibly more therapeutic than kittens on your Instagram feed.

healthy hearts for adventures ahead

.....
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100% whole grain Quaker Oats can help reduce
cholesterol as part of a heart healthy diet.*
.....



Off you go

*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease.
Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

FOOD & GATHERINGS

Cook, Nourish, Enjoy



PERFECT BITE

CARROTS & SESAME

Subtly sweet carrots spring to life when paired with the nutty richness of sesame seeds. Simply peel three lengthwise into ribbons (we used a variety of colors), then toss with a teaspoon of toasted sesame oil and half a teaspoon of lemon juice. Sprinkle with sesame seeds, and you've got a delicious forkful, made even more irresistible with a dash of sea salt.

PHOTOGRAPH BY MARCUS NILSSON



BUMBLE BEE SEAFOODS

A FRESH TAKE ON DINNER

Spring is all about starting fresh, including what you're serving for dinner. This season add simple, quality ingredients to your recipes like **Bumble Bee® Solid White Albacore Tuna**. With a firm texture, light color, and delicious, fresh taste, it brings both protein and "yum" to any dish.

Bumble Bee® Solid White Albacore Tuna is quality that you can see—the moment you open the can. It is steaky and flavorful, making it the perfect ingredient to enhance salads, wraps, pasta dishes, and much more.



UNLOCK YOUR INNER SEAFOODIE

with recipe ideas from **Bumble Bee®**, like this **Dill-icious Tuna and Cucumber Salad!**



PREP TIME: 15 minutes • **SERVINGS:** 4

INGREDIENTS

- | | |
|--|----------------------------|
| 2 cans or pouches (5 oz) Bumble Bee® Solid White Albacore Tuna , drained and flaked | 2 Tbsp mayonnaise |
| 1 cup cucumber, peeled, seeded, and diced | ½ Tbsp Dijon mustard |
| ¼ cup chopped green onion | ⅛ tsp ground black pepper |
| 2 Tbsp chopped fresh dill | 8 lettuce leaves |
| | 8 slices whole wheat bread |
| | 1 medium tomato, sliced |

DIRECTIONS

Combine tuna, cucumber, onion, dill, mayonnaise, mustard, and pepper. Serve on a bed of lettuce with tomatoes or on whole wheat bread for a sandwich.

For a fresh take on dinner and more delicious recipes, visit bumblebee.com/albacore



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What's for Dinner?

FOOD & GATHERINGS



Parsley and lightly cooked tomatoes add brightness to the classic Italian pairing of pasta and white beans.

FRESH DELIVERY

Vegetarian dishes that are easy to make *and* satisfy every single taste bud? Yes, please! The following recipes deliver big flavor with minimal effort—from a zesty pasta to a new take on tacos and a twist on grain bowls, we promise you'll never miss the meat.

PHOTOGRAPHS BY SHARON RADISCH

Zucchini Tacos



Quinoa Bowl With Tahini Dressing



Herbed Spaghetti With Tomatoes and White Beans



Shiitake and Snap-Pea Risotto



Zucchini Tacos

Active/Total Time: **40 min.** Serves: **4**

- ¼ cup extra-virgin olive oil**
- 2 medium zucchini, cut into ½-inch rounds**
- ½ teaspoon ground cumin**
- ¼ teaspoon ground coriander**
- Coarse salt and freshly ground pepper**
- 1 cup finely chopped white onion (from 1 medium onion)**
- 2 teaspoons minced garlic**
- 1 tablespoon tomato paste**
- 1 can (15 ounces) black beans, rinsed and drained**
- 8 corn tortillas**

Sour cream, crumbled goat cheese, sliced radishes, pickled jalapeños and carrots, and lime wedges, for serving

- 1.** In a large skillet, heat 2 tablespoons oil over medium-high. Add zucchini in a single layer; sprinkle with cumin and coriander. Cook, turning once, until golden, about 8 minutes. Transfer to a plate. Season with salt and pepper; cover to keep warm. Reduce heat to medium and add remaining oil, onion, and garlic to skillet; cook, stirring, until softened, 5 minutes. Add tomato paste; cook 1 minute. Add beans and ½ cup water, season with salt and pepper, and simmer, smashing some beans with a spoon, until heated through.
- 2.** With tongs, toast each tortilla over a burner until charred in places; wrap in a towel. Fill with sour cream, beans, zucchini, cheese, and radishes. Serve, with jalapeños, carrots, and lime alongside.

MARTHASTEWART.COM

Herbed Spaghetti With Tomatoes and White Beans

Active/Total Time: **35 min.** Serves: **4**

- 12 ounces spaghetti**
- Coarse salt and freshly ground pepper**
- 1 can (15 ounces) cannellini beans, rinsed and drained**
- 2 cups packed flat-leaf parsley leaves, plus more for serving**
- 2 teaspoons fresh lemon juice, plus 1 teaspoon grated zest**
- ¼ cup extra-virgin olive oil**
- 6 cloves garlic, thinly sliced**
- Pinch of red-pepper flakes**
- 1 pound cherry tomatoes, halved**
- Freshly grated Parmesan, for serving**

- 1.** Cook pasta in a large pot of salted water until al dente, 9 to 10 minutes. Add beans during last minute of cooking. Drain and return to pot, reserving ½ cup pasta water.
- 2.** Meanwhile, combine parsley, lemon juice and zest, and 1 tablespoon oil in a food processor; pulse until finely chopped. In a large skillet, heat remaining oil over medium-high. Add garlic and red-pepper flakes; cook, stirring often, until golden brown, 3 to 4 minutes. Add tomatoes, season with salt, and cook until tomatoes burst and thicken, adding a little pasta water until consistency is saucy.
- 3.** Toss parsley mixture and remaining pasta water with pasta; season with salt and pepper. Serve, topped with tomato sauce and sprinkled with parsley and cheese.

MARTHASTEWART.COM

Quinoa Bowl With Tahini Dressing

Active Time: **25 min.** Total Time: **45 min.** Serves: **4**

- 1 pound broccoli, florets with tender stems, halved if large**
- 1 red onion (8 ounces), cut into ½-inch rounds**
- 2 tablespoons extra-virgin olive oil**
- Coarse salt and freshly ground pepper**
- 1 cup quinoa, rinsed and drained**
- ½ cup tahini, well stirred**
- ¼ cup fresh lemon juice (from 2 lemons)**
- 2 cups packed mint leaves, plus more for serving**
- Sliced avocado, sliced cucumber, and lightly toasted sliced almonds, for serving**

- 1.** Preheat oven to 425°. Toss broccoli and onion with oil on a rimmed baking sheet; season with salt and pepper. Roast, flipping vegetables once, until golden brown and tender, about 25 minutes.
- 2.** In a small pot, bring quinoa, 1½ cups water, and a pinch of salt to a boil. Reduce heat to low, cover, and simmer 14 minutes. Turn off heat and let stand 10 minutes. Fluff with a fork.
- 3.** Combine tahini, lemon juice, ½ cup water, and mint in a blender. Blend until smooth; add ¾ teaspoon salt and ¼ teaspoon pepper. Serve quinoa topped with roasted vegetables, avocado, and cucumber, and sprinkled with almonds and mint, with dressing on the side.

MARTHASTEWART.COM

Shiitake and Snap-Pea Risotto

Active/Total Time: **45 min.** Serves: **4**

- 1 2-inch piece ginger, plus 2 teaspoons minced ginger**
- 4 cloves garlic, plus 2 teaspoons minced garlic**
- 8 ounces shiitake mushrooms, stems and caps separated**
- 12 cilantro stems, plus leaves for serving**
- Coarse salt and freshly ground pepper**
- 5 tablespoons unsalted butter**
- 1 tablespoon low-sodium soy sauce, plus more for serving**
- 1½ cups arborio rice**
- ½ cup dry white wine, such as Sauvignon Blanc**
- 2 cups sugar snap peas (8 ounces), trimmed and sliced**

- 1.** In a saucepan, bring ginger piece, garlic cloves, mushroom and cilantro stems, 1 tablespoon salt, and 8 cups water to a simmer.
- 2.** In a large straight-sided skillet, heat 2 tablespoons butter over high. Add mushroom caps and a pinch of salt; cook, stirring occasionally, until browned, 5 minutes. Transfer to a bowl; stir in soy sauce. Melt remaining butter in skillet over medium. Add rice and minced ginger and garlic; cook, stirring, until rice is toasted, 3 to 4 minutes. Add wine; cook until evaporated. Add ½ cup broth; cook, stirring, until liquid is absorbed. Continue adding broth ½ cup at a time, stirring, until rice is al dente, about 25 minutes. Stir in snap peas; cook until tender, about 7 minutes more. Remove from heat and stir in mushroom caps; season with salt and pepper. Serve, with cilantro leaves and a drizzle of soy sauce.

MARTHASTEWART.COM

PARTNERS' PICKS

This month, leave the last chills of winter behind with a pop of color! Brighten your mood with an unexpected pattern on your bed and make your latest crafting project sparkle with brilliant glitters.



1. Pixel Perfect 5-Pc. Comforter Set from Whim™ by Martha Stewart Collection™, available exclusively at Macy's; \$140-\$200, macys.com/martha.

2. Craft Space Collapsible Craft Table by Martha Stewart Living™, available exclusively at Home Decorators Collection; in Picket Fence, \$499, homedecoratorscollection.com/marthastewartliving.

3. Handwritten "Kiss the Cook" Decal by Martha Stewart Wall Art Decals™, available at Fathead, \$49.99, fathead.com/marthastewart.

4. Discbound™ Notebook and Accessories by Office by Martha Stewart™, available exclusively at Staples, \$1.99-\$24.99, staples.com/marthastewart.

5. Felt Flower Tank by Martha Stewart Pets™, available exclusively at PetSmart, \$18.99, petsmart.com/marthastewart.

6. Essential Colors Glitter Set, 24-Pack by Martha Stewart Crafts®, available at Jo-Ann Fabric and Crafts Stores, \$29.99, joann.com/marthastewart.

ONE-SKILLET WONDER

When made with an aromatic mix of roasted peppers and saffron, everyday chicken and rice is deliciously transformed into arroz con pollo, a Latin-American favorite. The hearty dish works well for a weeknight supper—or a weekend fiesta.

PHOTOGRAPHS BY BRYAN GARDNER

Simply add frozen peas after baking. Since they come preblanched, they will steam up perfectly.

A short-grain rice such as Bomba, from Spain, absorbs the liquid without becoming mushy. Threads of saffron turn it a vibrant red-orange and impart fragrance and flavor.



Cooking 101

FOOD & GATHERINGS

ARROZ CON POLLO

Active Time: 30 min.

Total Time: 1 hr. 10 min.

Serves: 6 to 8

Large pinch saffron

½ cup dry white wine, such as Sauvignon Blanc**4 whole chicken legs, split, or 8 bone-in, skin-on thighs (about 2 pounds)****Coarse salt and freshly ground pepper****2 tablespoons extra-virgin olive oil****1 medium onion, minced (1¼ cups)****4 to 5 cloves garlic, minced (2 tablespoons)****6 piquillo or other jarred roasted red peppers, thinly sliced****1 tablespoon tomato paste****1½ cups short-grain rice, such as Bomba or Arborio****2 dried bay leaves****3 cups low-sodium chicken broth****¾ cup frozen peas, slightly thawed**

TRY THESE VARIATIONS

A few easy substitutions unlock a different world of flavors.

▶ **MAKE IT INDIAN**

Replace the peppers with ¼ cup minced **ginger**. Just before the tomato paste, add ¼ teaspoon **ground cumin**, ½ teaspoon **ground coriander**, and 3 **cardamom pods**; cook 30 seconds.

▶ **TRY CHINESE**

Omit the saffron and wine. Replace the onion with 8 thinly sliced **scallions**, and the peppers with ¼ cup minced **ginger** and 1½ cups sliced **fresh shiitake-mushroom caps**. Skip the tomato paste. Replace the peas with blanched **broccolini**.



1

Soak saffron and brown chicken

Preheat oven to 375°. Combine saffron and wine in a bowl. Pat chicken dry; season with salt and pepper. Heat oil in a large straight-sided ovenproof skillet over medium-high. Add chicken and cook, skin-side down, until golden brown, 5 to 6 minutes. Turn and brown other sides, about 1 minute. Remove from skillet.



2

Cook aromatics

Pour off all but 3 tablespoons fat from skillet. Add onion, garlic, and peppers; cook over medium-high until onion is translucent, about 3 minutes. Stir in tomato paste; cook 30 seconds more.



3

Sauté rice and add liquid

Stir in rice to coat with fat and toast, about 30 seconds. Add wine mixture; cook until completely evaporated, about 30 seconds. Stir in bay leaves, broth, and 1½ teaspoons salt.



4

Boil and bake

Return chicken, skin-side up, to pan. Bring liquid to a full boil. Cover and bake in oven until liquid is absorbed, rice is tender, and chicken is cooked through, about 25 minutes. Add peas; cover and let stand 15 minutes before serving.

AMAZING EXTRAS

Step up the wow factor with one of these optional ingredients.



+

Olives

For a briny burst with each bite, add 1 cup of any mild, meaty variety, such as Castelvetrano, with the broth in step 3.



+

Anchovies

Stir in 1 or 2 chopped fillets when cooking the vegetables in step 2. The result? An umami note without any fishiness.



+

Capers

Think of these as intense little nuggets of piquancy. Add 1 or 2 tablespoons with the broth in step 3.

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Viraj Puri, Eric Haley,
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This agriculture company
defies climate and
geography to deliver
fresh local produce
to city dwellers.



New Heights

Gotham Greens has created fertile farmlands—right on the rooftops of New York City and Chicago buildings. Welcome to the future of farming.

PHOTOGRAPHS BY CHRISTINA HOLMES

WE KNOW IT'S GOOD TO BE GREEN, but it's not always easy in major cities. Enter Gotham Greens, which sought to change urban offerings by sowing gardens in the sky. The produce—hyperlocal, sustainable, and above all tasty—is harvested each morning on four rooftops in New York City and Chicago, and delivered just hours later to grocery stores and restaurants within 50 miles.

The company was conceived in 2009 by Viraj Puri and Eric Haley. The friends met in Italy on a college study program, and after graduation both found work in New York City. Haley was in finance, while Puri, working in environmental engineering, had become fascinated with resource-efficient greenhouse technology. The two saw a

demand for local, sustainably grown food. Combining their talents, they drew up a business plan, won a grant from a small-business competition, and hired Jennifer Nelkin Frymark, an expert in greenhouse systems, to head agricultural operations. After struggling to find space in the tight (and expensive) real-estate market, they looked at vastly underutilized rooftops, which offered the ample sunlight they needed to grow their crops. By 2011, they were, quite literally, moving on up—to a historic industrial building in Greenpoint, Brooklyn, where they built the country's first commercial-scale rooftop greenhouse.

Today, Gotham Greens sells more than a dozen varieties of vegetables, including lettuces, basil, kale, and arugula, as

Fresh Picks

Clockwise from left: Gotham Greens' lush bounty atop a Whole Foods Market in Brooklyn. Vine-ripened tomatoes are ready for stores. Basil seedlings sprout in trays. Puri, left, and CFO Haley survey the produce; last year, the company grew 20 million heads of leafy greens.

Cheesecake GOT DRESSED UP for Easter

COCONUT JOY CHEESECAKE BARS

Prep Time: 20 min. | Total Time: 6 hours 15 min. (incl. refrigerating) | Makes: 16 servings

WHAT YOU NEED

- 25 chocolate wafer cookies, finely crushed
- 2 Tbsp. sugar
- 1/4 cup butter or margarine, melted
- 4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 1 cup sugar
- 1 tsp. vanilla
- 1/2 cup coconut milk
- 4 eggs
- 2 oz. BAKER'S Semi-Sweet Chocolate, broken into small pieces
- 1 cup COOL WHIP Whipped Topping (Do not thaw.)
- 1 cup BAKER'S ANGEL FLAKE Coconut
- 1/4 cup PLANTERS Sliced Almonds, toasted

MAKE IT

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine cookie crumbs, 2 Tbsp. sugar and butter. Press onto bottom of prepared pan.

BEAT cream cheese and 1 cup sugar in large bowl with mixer until blended. Add vanilla; mix well. Gradually beat in milk until blended. Add eggs, 1 at a time, mixing on low speed after each, just until blended. Pour over crust.

BAKE 45 min. or until center is almost set. Cool completely. Refrigerate cheesecake 4 hours.

MICROWAVE semi-sweet chocolate and COOL WHIP in microwaveable bowl on HIGH 1 min.; whisk until chocolate is completely melted and mixture is well blended. Pour over cheesecake; top with coconut and nuts.



NOTHING ELSE *Tastes* LIKE

American Made

FOOD & GATHERINGS

well as tomatoes. It grows hydroponically—in water, as opposed to soil, because it's more space-efficient. Unlike outdoor farming, which has to contend with unpredictable weather and other factors, this kind of greenhouse agriculture can be entirely controlled by installing technology that monitors everything—temperature, light, airflow, and humidity. It's not just a luxury, but also a necessity: "We don't have acres and acres of space," says Puri, the company's CEO. "So we have to be as efficient as possible to produce a high yield from a small footprint." (The rooftop in Greenpoint is just 15,000 square feet.)

However, Puri stresses that technology can only get you so far. "It is simply an enabler," he says. "Plants aren't widgets; they don't grow themselves." The company combines high-tech engineering with the expertise of horticulturists, who customize a blend of minerals for each variety to maximize flavor and nutritional value. It also sows only non-GMO seeds and forbids the use of pesticides, relying instead on beneficial insects when needed.

The system is working. Since 2011 the company has



Gotham Greens is a pioneer in urban farming, utilizing cutting-edge technology to grow flavorful produce."

—Greg Lofts, American Made food judge



CELEBRATE FLAVOR



American Made

FOOD & GATHERINGS



COURTESY OF GOTHAM GREENS/MARK FRYMARK



▼ **The Sky's the Limit**

From left: Renewable resources such as solar panels completely power the greenhouses, as at this one in Greenpoint, Brooklyn. Fragrant basil is harvested every day. Frymark gathers freshly cut greens to pack up for delivery.

opened three greenhouses in New York City. Restaurants including Manhattan's Michelin-starred Gramercy Tavern are among its clients. Last year it launched the country's largest rooftop greenhouse—at 75,000 square feet, it's Gotham Greens' most technologically advanced—in Chicago's Pullman neighborhood, on top of a new factory owned by Method, a business known for its eco-friendly cleaning products. And there are no plans to stop there; more greenhouses are being developed for the future in additional cities.

The company aims to grow more than just food; it is building communities, too. In addition to creating more than 120 jobs, it offers financial support and donates seedlings and produce to organizations committed to healthy eating and ending hunger, such as City Harvest, Wellness in the Schools, and the Greater Chicago Food Depository. "Gardens and farms have the ability to bring people together and revitalize neighborhoods," says Puri. As the population grows, so does the demand for fresh, healthy food. And thanks to Gotham Greens, more people can enjoy the crunch of a just-picked salad—even in the chilliest months of the year. —Melissa Ozawa



ALL DAY LONG.

From breakfast to dinner, Smithfield has your Easter meals covered. So make this holiday a celebration with bacon and hams that are hand-trimmed and slow-smoked to perfection.



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PRAISE FOR THE BRAISE

The beauty of cooking beef brisket in a Dutch oven: Just brown and set it, and you'll soon have a complete meal heaped in flavor to enjoy right away—and for later. What's (literally) more, you can turn the leftovers into three distinctly different dishes, each requiring very little time—or effort.

PHOTOGRAPHS BY LINDA XIAO

WINE-BRAISED BRISKET

Active Time: **45 min.**

Total Time: **3 hr. 45 min.**

Serves: **8 to 10**

When brisket is braised, it becomes extraordinarily juicy and tender. For a springtime spin on the classic recipe, we used a dry white wine instead of the usual heavier red.

- 1** “first cut” beef brisket (5 pounds), fat trimmed to ¼ inch thick
- Coarse salt and freshly ground pepper
- ¼ cup extra-virgin olive oil
- 6** shallots, peeled and halved
- 5** cloves garlic, peeled
- ¼ cup potato starch
- 1½** cups dry white wine, such as Sauvignon Blanc
- 4** cups low-sodium chicken broth
- ¼ cup grainy mustard
- 3** long strips lemon zest, plus 2 tablespoons fresh lemon juice

- 6** sprigs thyme
- 1½** pounds baby Yukon Gold potatoes, scrubbed clean
- 4** medium carrots, peeled and cut into 3-inch pieces
- 1** small turnip, peeled and cut into 4 wedges

1. Preheat oven to 300°. Generously season brisket with salt and pepper. Heat 2 tablespoons oil in a large Dutch oven over medium-high. Sear brisket until browned, 4 to 5

minutes a side; transfer to a plate. Drain fat from pot and discard. Reduce heat to medium; add remaining 2 tablespoons oil, shallots, garlic, and potato starch and cook, stirring, 2 minutes. Stir in wine, scraping up any browned bits from bottom of pot. Add broth, mustard, zest, and thyme; bring to a boil. Add meat and any accumulated juices. Cover and transfer to oven; cook 2 hours, 15 minutes.

2. Flip meat over; add vegetables. Cover and continue to cook until

everything is very tender, about 45 minutes. (If you're saving it for the next day, let cool, then cover and refrigerate overnight. Reheat, covered, in a 350° oven until warmed through, about 40 minutes.)

3. Transfer vegetables to a platter and meat to a cutting board; season with salt. Skim fat from liquid in pot. Stir in lemon juice; season with salt and pepper. Slice brisket against the grain and serve, with vegetables and sauce.

For tender slices, carve the brisket crosswise, against the grain.



BAJA STEAK TOSTADA
with a Dash of Inspiration



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Your friend in coffee,

Johan



Based on a January 2016 national taste test of coffee drinkers conducted by an independent third party comparing Gevalia House Blend and Starbucks House Blend.

Make Ahead

FOOD & GATHERINGS

LEFTOVERS, THREE WAYS

Brisket again? Yes, the meat tastes even better a day or two later. But you can also use it as a base to work into any of these tasty options.



1

Tangy Sloppy Joes

Cook 1 cup diced **onion** in 1 tablespoon **safflower oil**. Add 1 tablespoon **tomato paste**; stir 1 minute. Add 1 can (14.5 ounces) **whole peeled tomatoes, puréed**; 2 tablespoons each **dark-brown sugar** and **apple-cider vinegar**; 1 tablespoon **Worcestershire sauce**; and 1 cup **water**. Simmer 10 minutes. Add 2 cups shredded **brisket**; toss to heat through. Serve on toasted **buns**, with sliced **red onion** and **cilantro**.



2

Garlicky Italian Pasta

Heat a pot over medium-high. Add ¼ cup **extra-virgin olive oil** and 4 thinly sliced **garlic cloves**; cook, stirring, 1 minute. Add 4 cups **spinach**, 1 cup **frozen peas**, and 2 cups shredded **brisket**. Cover; cook 3 minutes. Stir in warm cooked **gemelli pasta** and ½ cup grated **Parmesan**. Season with **coarse salt**, freshly ground **pepper**, and finely grated **lemon zest**.



3

Spicy Thai-Style Lettuce Wraps

Shave 3 medium **carrots** into ribbons with a peeler. Toss with 2 tablespoons each **rice-wine vinegar** and fresh **lime juice**, 1 thinly sliced **Thai red chile**, and 1 teaspoon **sugar**. Season with **coarse salt**. Fill **Bibb lettuce** leaves with carrot mixture, warm shredded **brisket**, **cucumber** slices, fresh **basil**, and **hoisin sauce**.



AN EASY, DELICIOUS SIDE DISH

Crisp up your extra potatoes from the initial braise: Simply preheat your oven to 425°. Drizzle extra-virgin olive oil on a rimmed baking sheet. Arrange potatoes on top; lightly smash with your palm. Sprinkle on more oil; bake until golden.



THE GOOD NEWS JUST DOESN'T STOP.

That's right. Gevalia also comes in single serve cups.



For the
Keurig® K-Cup®
Brewing System.



This loaf will stay fresh for two days at room temperature when covered—not that it'll last that long.

Cake to Take

Rich, buttery pound cake is always a crowd-pleaser, but this velvety version will have friends and family eyeing another slice. Its secret weapons? Cream cheese for a subtle tang, low-in-gluten barley flour for a delicate crumb, and orange zest, which adds a scrumptious spin on flavor.

PHOTOGRAPH BY JONATHAN LOVEKIN

ORANGE-BARLEY POUND CAKE

Active Time: **25 min.**

Total Time: **3 hr. 50 min.**

Makes: **One 9-inch loaf**

1½ sticks unsalted butter, room temperature, plus more for pan

1¼ cups all-purpose flour

¾ cup barley flour, such as Arrowhead Mills

1½ teaspoons baking powder

½ teaspoon coarse salt

1 navel orange

1½ cups granulated sugar

4 ounces cream cheese, room temperature

1 teaspoon pure vanilla extract

3 large eggs, room temperature

1 cup confectioners' sugar

1 teaspoon orange liqueur

1. Preheat oven to 325° with rack in lower third. Butter a 9-by-5-inch loaf pan. In a bowl, whisk together flours, baking powder, and salt. With a vegetable peeler, peel zest from half of orange into about 5 strips; squeeze and reserve 2 teaspoons juice. Pulse zest strips with granulated sugar in a food processor until finely ground.

2. In another bowl, beat butter and cream cheese on medium until smooth. Add orange-sugar mixture; beat on high until pale and fluffy, about 5 minutes. Beat in vanilla and eggs, one at a time, on medium. Add flour mixture; beat on low until just incorporated. Pour batter into pan; smooth top with a spatula.

3. Bake, rotating pan halfway through, until cake is golden brown and a tester inserted in center comes out clean, 1 hour, 15 minutes. (If browning too quickly, tent with foil.) Let cool 30 minutes in pan on a wire rack. Remove from pan; let cool completely on rack, about 2 hours.

4. In a bowl, whisk together confectioners' sugar, reserved orange juice, and liqueur until smooth. Spread glaze over cake; sprinkle finely grated zest from remaining orange half over top.



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APRIL

PHOTOGRAPH BY JULIANA SOHN

Spring Awakening

SPRING ELIXIRS



Spring-Greens Tonic With Yellow Potatoes and Herbs

As the days start to get longer and warmer, yet a chill still clings to the air, it's the perfect time to embrace the idea of the brothy soup. Lighter than your winter stews but equally satisfying, these nourishing recipes brim with flavor and some of the season's best ingredients. Grab a spoon, and prepare to be bowled over.

PHOTOGRAPHS BY KATE MATHIS | RECIPES BY ANNA KOVEL | TEXT BY JANE LEAR

Matzo-Ball Soup With Leeks and Carrots



STIR IT UP

Chicken, leeks, and carrots swim in a fragrant broth, but the star is the comforting matzo ball. Seltzer and baking powder are the keys to making airy spheres; their richness comes from chicken fat or, as Jewish *bubbes* call it, schmaltz. **OPPOSITE:** This simple but stunning soup starts with water, which lets each vegetable's flavor shine through, including the grassiness of asparagus and the buttery qualities of baby yellow potatoes. Good olive oil, drizzled on top before serving, adds body and healthy omega fatty acids.

For recipes, see page 106.



Ginger Chicken Noodle Soup With Shiitake Mushrooms

FEEL-GOOD FUSION

The classic cure-all chicken noodle soup gets a Japanese makeover, with slices of miso-marinated chicken breast and hearty udon noodles in a steamy broth. Grated daikon radish and fresh ginger not only brighten the flavor—their subtle heat and pepperiness may even help clear congestion.

Shrimp Pozole With Campari Tomatoes



SEA CHANGE

Instead of pork, this lighter take on Mexican pozole enlists shrimp, which is a tender accompaniment to those soft, puffy corn kernels (or hominy) and blistered tomatoes. Our cacao-free version of mole enriches the basic broth with its own complex flavors, including the nutty-spicy blend of almonds and an ancho chile.

Scotch Broth With Turnips and Peas

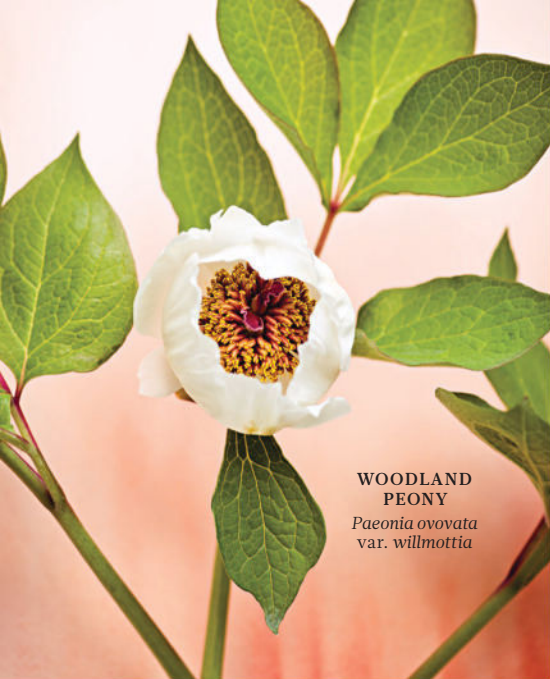


SHEER STRENGTH

The ultimate antidote for cool spring nights, this old-fashioned farmhouse soup with shredded lamb offers sustenance without the heft. Garden-fresh peas lend a lightness, while turnips (which contain good-for-you fiber) add a mildly sweet bite to the meaty broth.

Spanish Clam Soup With Garlic and Paprika**DIVINE BRINE**

Paprika and cured ham lend smokiness to this rustic Mediterranean-style soup, and red bell pepper imparts color—and the benefit of vitamin C—to the lively clam broth. Make sure to have good Italian bread on hand—you'll want to soak up every drop.



**WOODLAND
PEONY**
Paeonia ovovata
var. *willmottia*



**WOOD
POPPY**
Stylophorum
diphylla



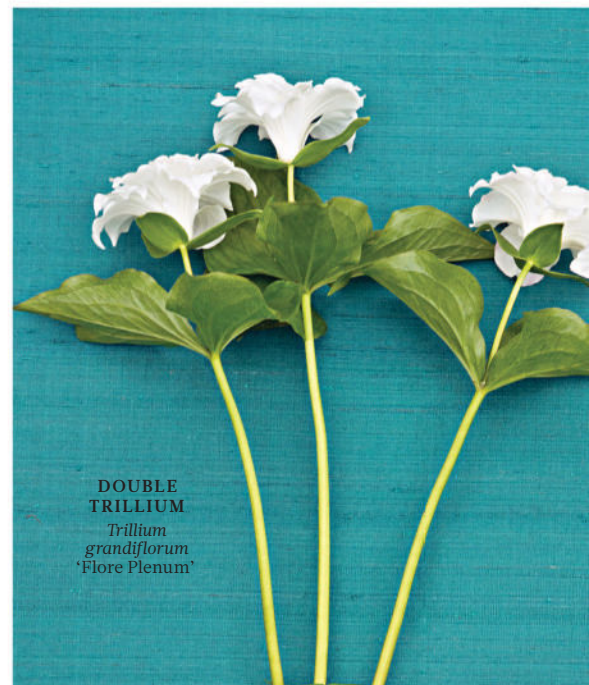
**DWARF
LARKSPUR**
Delphinium
tricornne



**SHOOTING
STAR**
Dodecatheon
meadia



JAPANESE BUGBANE
Cimicifuga japonica
'Hillside Variegatum'



**DOUBLE
TRILLIUM**
Trillium
grandiflorum
'Flore Plenum'



RUE ANEMONE
Anemonella
thalictroides
'Betty Blake'



Trillium sulcatum x
Trillium flexipes



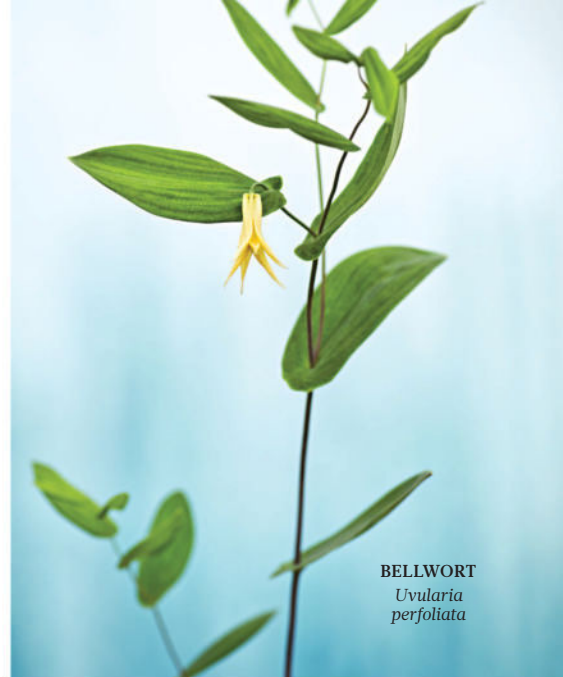
**LADY
SLIPPER**
Cypripedium
'MPK'



YELLOW
WAKE-ROBIN
Trillium luteum



LADY SLIPPER
*Cypripedium
parviflorum*



BELLWORT
*Uvularia
perfoliata*



VARIEGATED
SOLOMON'S SEAL
*Polygonatum
odoratum 'Grace Baker'*

WILD + WONDERFUL

At Hillside Nursery, nestled
in the foothills of the Berkshire
Mountains of Massachusetts,
a patient horticulturalist
propagates rare and unusual wood-
land plants so that they
can flourish for years to come.

PHOTOGRAPHS BY GABRIELA HERMAN
TEXT BY MELISSA OZAWA



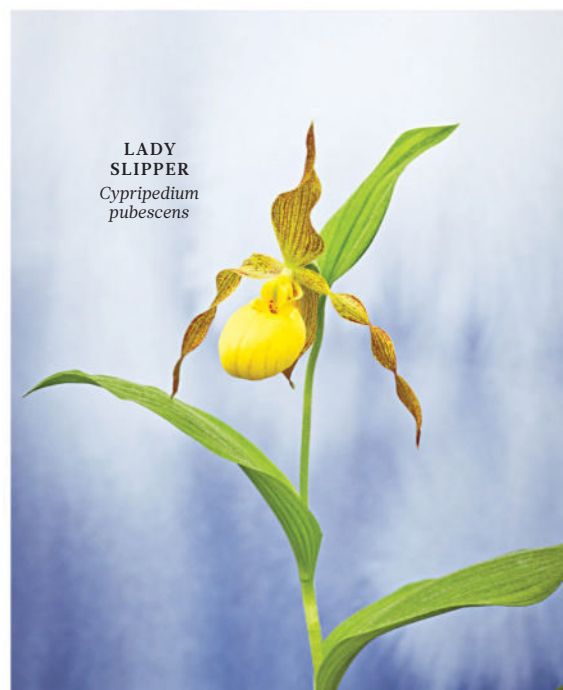
JAPANESE
COBRA LILY
*Arisaema
urashima*



*Trillium
simile*



UMBRELLA
LEAF
Diphylleia cymosa



LADY
SLIPPER
*Cypripedium
pubescens*



TRILLIUM

Trillium grandiflorum roseum

Perennials found in woodlands throughout the country, trilliums come in a variety of colors, from bright white to deep, dark red.

This rare soft-pink variety can reach 12 inches in height. The nursery is currently busy developing new ways to make it more widely available.



CULTIVATING BEAUTY

Hundreds of jars filled with germinated seedlings of lady-slipper orchids grow for several years in Joppe's plant-culture lab. About a year later, the young plants are transferred to the nursery, where they continue to develop in small flats. At last, after about five years, the terrestrial orchids are mature enough to be placed in a shady garden.

A **S A CHILD GROWING UP IN WESTERN** Michigan, Peter Joppe spent his days exploring the surrounding forests. "It was what I loved to do most," he says. Deep in the woods, he encountered his first wildflowers: unique jack-in-the-pulpits, three-petaled trilliums, cupped lady-slipper orchids. "I found the whole environment so fascinating," he says.

As an adult, he dreamed of turning his passion for these delicate ecosystems into a business, but he knew it wouldn't be easy. He didn't want to dig up the plants in the wild; their very existence was already threatened by lost habitat, a burgeoning deer population, and overcollecting by humans. The lady-slipper orchid, for one, is so vulnerable that it's illegal to pick one on federal parkland.

And so he began sowing seeds at home with an inherited collection of plants from a retiring grower. "It started almost as an experiment," he recalls, "a science project." He reasoned that if he could offer varieties raised in the nursery, he might help, even in a small way, to curb wild harvesting, and do his part to protect these treasured species.

Largely self-taught, Joppe consulted with plant experts. He tried, failed, tried again, and eventually, after several years, found success. "I've learned that failure is not

failure; it's just a step in the process," he says. A few years later, in 1989, he opened Hillside Nursery, a shop, lab, and research facility with a specialty in lady-slipper orchids. "I was told they are too slow to cultivate and too difficult to offer, but that has just egged me on." He now sells an eclectic mix of woodland plants online (hillsidenursery.biz) and at several New England nurseries, as well as at Trade Secrets, the popular annual plant sale in Sharon, Connecticut, that Martha loves to attend. (Over the years, she's grown many unusual species from Joppe.)

He and Amy Murray, his sole year-round employee, grow and develop new cultivars with the goal of fostering robust varieties that will prosper in a home garden: "We want customers to be successful," he says. Lady slippers are particularly tricky to reproduce away from their natural environment. Unlike with marigolds, say, you can't simply drop the seeds into the ground, wait a week, and watch them sprout. Many factors, including the living organisms in the soil, have to be just right.

To raise a mature lady slipper or trillium so it's ready for sale takes at least five years and many involved steps. "It's a crazy-long process," Joppe admits. But the journey he takes with each seedling brings these precious flowers to our backyards—and when they unfurl each spring, it's easy to understand why they're worth the effort.

LADY SLIPPER

Cypripedium 'MPK'

The key to growing lady-slipper orchids at home is finding a shady spot in the garden with moist, well-drained soil. If your ground is not naturally like this, you can add coarse grit, like marble and stone chips, which will loosen the dirt and help it retain moisture. "The sharp stones also keep moles and voles from digging in the flowers," Joppe notes.





YELLOW WAKE-ROBIN

Trillium luteum

This trillium with lemon-scented blooms crops up in April and May in the southeastern United States. You can also see native trilliums on full display in spring at the New York Botanical Garden's Native Plant Garden, thanks in part to Joppe, who provided thousands of plants. To grow them at home, he suggests mulching with about an inch of pine bark during the growing season to keep the ground cool.

"Be careful not to overwater," he cautions.

The soil should be evenly damp, not soggy, so water only during dry periods in late summer.

| LESSON 1 |

Play up the entryway

Design-wise, it's a space that often gets short shrift. "But it's actually a chance to make a good first impression," says decorator Mark J. Williams. An open-legged console and mirrored sconces (from Urban Electric Co.) create an ample, breezy feel right away, and the Persian runner signals the elegance of what's to come.

OPEN HOUSE

How do you renovate your home when the very things you love about it are what's old? As owners of a classic California ranch discovered, a fresh coat of just the right white paint and a smart selection of patterns and textures can highlight the original design while creating a look that's totally new and stylish.

PHOTOGRAPHS BY JOE SCHMELZER | TEXT BY CHRISTINE LENNON

| LESSON 2 |

Lay out a simple plane

A solid area rug on a polished hardwood floor yields the appearance of more square footage. For the living room, a woven-grass design withstands traffic and sets a laid-back tone.





LESSON 3 |

Mix tile and stone

The owners loved their new all-white-marble countertops but wanted their kitchen to feel inviting, not sterile. To that end, their original terracotta tile floors stayed put, and the island was topped with hard-working granite. Light bounces off the surfaces differently, giving the kitchen a modern farmhouse appeal.

The makeover of Andrea and Steven Lurie's house in Los Angeles began accidentally, as so many renovations do. "Originally, we were reworking only the children's bathroom and the master suite," says Andrea. But the plan took on a life of its own. Built in 1939, the house is U-shaped, surrounding a large yard—typical of the old ranch style (not to be confused with the suburban ranch of the '70s). It features a flow between indoors and out; however, that airiness didn't register with the interior's cream palette, nor with its narrowly enclosed patio connecting the bedrooms to the rest of the house. And so months later, the Luries found themselves physically widening the patio, then visually opening up the other rooms—all while embracing elements that drew them to the house in the first place. Their needs seemed contradictory, but with thoughtful choices in texture and color, their efforts turned out beautifully: a home that is all at once classic, cozy, and contemporary.

Warm up with white

Using the same-color paint throughout the house offers the illusion of more space; when that hue is white, the result is downright loftlike. The Luries chose Pointing by Farrow & Ball, which has creamy undertones that complement the floors and antique table.

Designed to look like roller shades, custom linen window treatments soften the sharp corners and square windows.





| LESSON 5 |

Be strategic with pattern

Fabrics with designs were reserved for the bedroom curtains and smaller items to visually open up the space. In the couple's bedroom, top (for which architect Henry Rust created a sitting area to channel the idea of a true suite), striped linen on the cushion softens a chair from a design and comfort standpoint. In the family room, bottom, floral pillows add interest.



An upholstered Chippendale-inspired bench pulls together the room and can serve as additional seating when moved to the coffee table.

| LESSON 6 |

Cozy up the seating

The furniture—even outside pieces—is rarely backed against a wall. A more central placement establishes a sense of intimacy, while also optically pushing back the borders of any space, says Williams. He clustered a few seating areas throughout the yard where the family can gather—almost as if building out new “rooms.”





SPINACH-
AND-
YOGURT
FLATBREADS

TOP A PIZZA

Flatbreads taste anything but flat when slathered with garlic-infused Greek yogurt and decked out with spinach. Even after broiling, the yogurt keeps its satiny finish and signature tang. The finishing touch: a sprinkling of toasted coconut, cumin, and sesame seeds (a take on dukka, an Egyptian spice blend).

COUNTER CULTURE

Tart and creamy, yogurt is a delicious vehicle for your morning granola.

But why stop there? Take a cue from the rest of the culinary world and consider its unique qualities for adding pizzazz to salads, dips, and more.

PHOTOGRAPHS BY CHRISTOPHER TESTANI | TEXT BY JANE LEAR

DRESS A SALAD

This dill-and-chive-flecked yogurt dressing is a riff on Indian raita and Greek tzatziki, condiments that temper spicy dishes. It's used here on a refreshing salad of roasted golden beets with crunchy cucumber and green apple. (Feel free to slice up a jalapeño to spark some heat.)

ROASTED
BEETS WITH
DILL-AND-CHIVE
YOGURT
DRESSING

For recipes,
see page 110.

SPOON ON A SAUCE

Yogurt turns surprisingly velvety and decadent when cooked with cornstarch and egg yolks. Serve it over meatballs seasoned with a combo of cinnamon, cumin, and cilantro—and you've got an updated Turkish kofta. Top it with red-pepper flakes and sumac (a lemony Middle Eastern spice) for an energetic lift.

SPICED
MEATBALLS
WITH
YOGURT
SAUCE

TIP

For sauces and dressings, use regular yogurt (such as Stonyfield), which clings to food. Try Greek-style for spreads and dips. Strained of its whey, it's better at staying put.



TANDOORI
FRIED
CHICKEN

MARINATE A MAIN DISH

Luscious whole-milk yogurt adds an unexpected tart note to a fiery Indian marinade of cumin, cardamom, and cayenne pepper. Instead of cooking the chicken in a traditional tandoor oven, we pan-fried ours in a cast-iron skillet.

Cool off with a side of cucumber spears and a salad of red onion, mint, and cilantro.

YOGURT-
AND-HERB-
CRUSTED
LEG OF LAMB

TIP
Whole-milk and 2 percent yogurts add body and richness to a recipe, making them good swaps for buttermilk and sour cream.

ADD A CRUST

In this hearty dish, a piquant yogurt sauce not only offsets the robustness of the lamb, but also helps bind the citrusy herbed breadcrumbs to it. What pops out of the oven: tender, juicy meat with an irresistibly crisp coating.

DO A DIP

Parsley-and-mint-puréed yogurt offers a creamy counterpoint to roasted carrots. To make a light side that's packed with flavor, finish with a crumble of briny feta.

ROASTED
CARROTS
WITH
PARSLEY
YOGURT

TARTLETS
WITH YOGURT
PASTRY
CREAM AND
STRAWBERRIES

COOK A CUSTARD

Yogurt puts a new spin on French pastry cream, which is typically made with milk. Much to our delight, the result is brighter in flavor and still delivers that same silky richness. Layer it into a flaky, buttery shell, and then top it with strawberries.



PISTACHIO-
RHUBARB
YOGURT CAKE

BAKE A CAKE

The key to this recipe's moist crumb? You guessed it: yogurt, which we used instead of milk once again. Emblazoned with thick pieces of rhubarb—in peak season now—it's a next-level spring dessert. Temper the vegetable's sour notes by roasting it with sugar before baking, and add ground pistachios to the batter to unleash a sweet nuttiness.

the

GIVING GARDEN

A VERMONT COUPLE HAVE MADE THE DREAM OF
LIVING OFF THE LAND A REALITY. HERE, THEY SHARE THEIR WISDOM ON
GROWING FARM-FRESH FOOD TO ENJOY YEAR-ROUND.

PHOTOGRAPHS BY JULIANA SOHN | TEXT BY THOMAS CHRISTOPHER





Tomatoes, lettuces, and other vegetables are rotated each year to prevent soil-borne diseases.



Eileen checks in on her pink echinacea and towering joe-pye weed. "My mother was a passionate gardener and helped me plant my first garden when I was five," she says.

The earth gives to Eileen Rockefeller, and she gives back to the earth. When she and her husband, Paul Growald, first saw their farm in Vermont some 35 years ago, what captivated them was the breathtaking landscape. "Beauty is very important to me," says Eileen, author of the memoir *Being a Rockefeller, Becoming Myself* (Blue Rider Press, 2013) and a lifelong philanthropist. "It is a way of reaching the spirit."

Over the years they've made it even more striking by planting gardens full of contrasts and harmonies of color and texture. And when they began to live full-time on the farm, around the mid-'90s, the couple discovered an entirely new reason to love the place: It is not only a home with a view, but a place that feeds them. They raise chickens and produce there, and grow some 200 varieties of vegetables and flowers, most of them from seed.

Eileen first learned about the value of organic farming at her progressive middle school in upstate New York—and those lessons stuck. Now she, Paul, and their longtime gardener, Aubrey Choquette, tend to the soil naturally: applying no chemicals and opting to feed it with organic

materials and fertilizers instead. Manure from the horses and chickens, along with grass clippings and vegetable refuse (whatever cannot be served to the chickens), feed the 50-foot-long windrows of compost. Grass clippings are also composted for several months with fallen leaves that have been shredded by the mower, then used as a nutritious and weed-suppressing mulch.

In the vegetable garden, frames made from granite curbstones (sourced from New Hampshire) raise the beds six to eight inches to enhance the soil drainage and help it warm faster in the late Vermont spring. They measure only four feet across, so their centers can be reached without stepping off the paths, and the paths themselves are wide enough for a wheelbarrow or cart to be trundled into the very center of the garden.

Even most of the gardening materials are sourced from the farm. The rustic trellises, which provide shelter from the summer sun as well as supports for vines, are made from maple and birch saplings cut on the property. And birch twigs become structures for the peas to climb in the kitchen garden.

The fruits of the couple's labor are enjoyed during the growing season, but also through the cold New England winters. A passionate cook, Eileen cans, freezes, and stores a range of crops in her root cellar. Lettuces are planted in the greenhouse for winter salads. During the holidays, she wraps up her plum, strawberry, and apricot jams; an herbed salt rub; her husband's wildflower honey (Paul is an avid beekeeper); and the farm's maple syrup into about a hundred gift boxes to give to friends and family.

All the while, Eileen never forgets that a relationship with the land is a symbiotic one. She takes pride in the way the heavy clay soil in her garden has, over the years, become more fertile. "It's our responsibility to nourish it," she says, "just as it nourishes us."



1 | 2



A FULL HARVEST

1 Aubrey Choquette, the family's gardener, gathers apricots in high season; they're ready when they come right off the tree without pulling. 2 This apricot tree, which fruits abundantly in midsummer, was planted in honor of Paul's late mother. The fruit is enjoyed on its own—or turned into jams or stewed with prunes. 3 Just-picked classic and Romanesco cauliflower and three kinds of beans are collected and brought straight to the kitchen. The beans are particularly bountiful; the more they're picked, the more they produce. 4 Eileen preserves at the peak of freshness. Come fall, her larder is well stocked with spice blends, jars of tomatoes, jams, honey, and dried beans.



3 | 4



NATURAL ORDER

In place of store-bought metal structures, tree trimmings from the property are fashioned into rustic trellises, creating a framework for climbing vegetables and flowers like this large bottle-gourd vine.



1 | 2



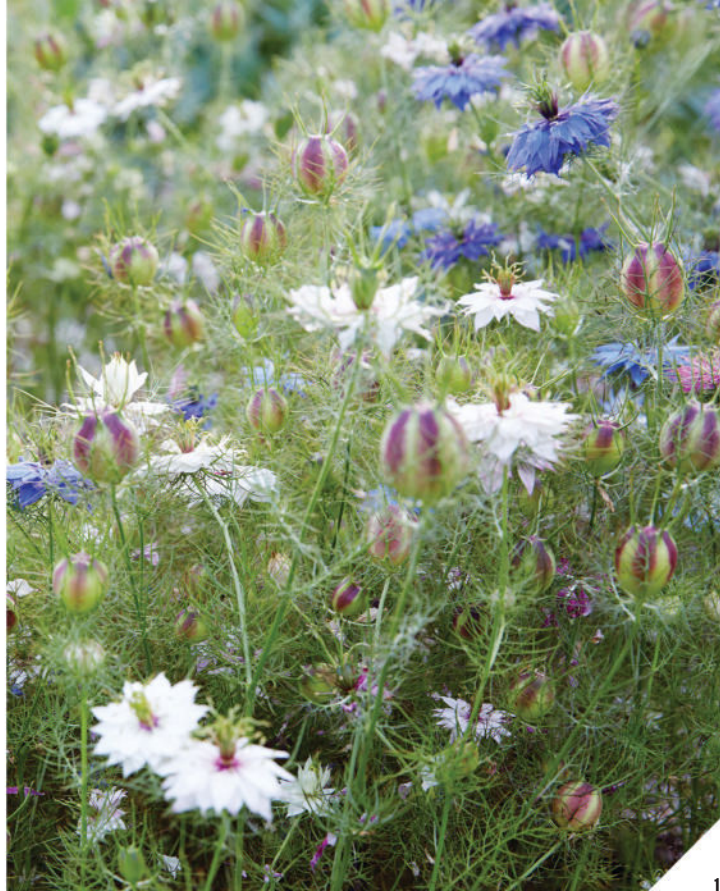
GROWTH STRATEGY

1 Satisfying the plants' thirst while using far less water than a traditional sprinkler, drip irrigation delivers water right to the roots. **2** Fennel, peppers, and parsley love a sunny and well-drained spot. Planted together, they not only thrive, but also create a beautiful contrast of textures and forms, as well as shades of green. **3** Known as the "three sisters" in Native American farming tradition, corn, squash, and beans help one another grow: Beans climb the cornstalks and add nitrogen to the soil, while the large squash leaves shade the ground and serve as a living mulch. **4** Tall stalks of 'Purple Majesty' millet echo the color in the ripening artichoke buds; its seeds also provide food for birds.



3 | 4





1 | 2



FLOWER POWER

1 Grown for bouquets and the sweet, tousled cottage-garden ambience it creates, nigella (love-in-a-mist) reseeds itself every year. **2** Eileen and Paul are passionate about pollinator habitats, planting flowers like *Rudbeckia* 'Cherokee Sun' to attract bees, butterflies, and other insects. **3** Sunflowers, when not cut for arrangements, feed the birds with their seeds. The luminous blue borage blossoms help repel tomato hornworms. Cut-and-come-again white cosmos encourages pollinators. **4** Yellow marigolds make an arresting backdrop to yellow-stalked chard, but have a practical purpose, too: They fend off a range of pests, including nematodes and aphids.



3 | 4



BEST-LAID PLANS

Look closely at the ground and you'll see that burlap, recycled from used coffee-bean bags, covers the walkways in the cutting garden. The burlap bags smother weeds, allowing air and water to percolate to the soil, and pave the way for a fruitful harvest.



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HOW-TO HANDBOOK

Learn, Make, Connect

ASK MARTHA

HOW CAN I ORGANIZE SCRAPS OF RIBBON?

—Kathy Callos, Media, Pa.

Keep them neat by wrapping them around a rectangular piece of cardboard. Group them by color or material, then secure each ribbon with a ball pin. File the cardboard in a box or bin.

PHOTOGRAPH BY BRYAN GARDNER



Q: I've mastered making a simple vinaigrette, but I'd love to expand my options. Any recommendations for other easy dressings? —Fernanda Autry, Waxhaw, N.C.

A: Any vinaigrette is, at its most basic, a balance of oil and acid. So experiment with various combinations of each, then adjust the flavor with herbs, spices, and other items from your pantry or fridge—just as we did here.



+

Refrigerate in an airtight container for up to three days; rewhisk before using.

1

SESAME + SOY

Whisk 1 tablespoon each toasted sesame oil and light-brown sugar, 2 tablespoons soy sauce, and 3 tablespoons each fresh lime juice and safflower oil. Season with salt and pepper. If desired, add 1 small Thai red chile, thinly sliced.

2

CRÈME FRAÎCHE + LEMON

Mix 4 teaspoons each fresh lemon juice and Dijon mustard, ½ teaspoon lemon zest, 6 tablespoons crème fraîche, and 1 tablespoon water. Season with salt and pepper.

3

MUSTARD + HERB

Combine 1 teaspoon Dijon mustard, ½ teaspoon minced garlic, and 2 tablespoons white-wine vinegar. Slowly whisk in ¼ cup extra-virgin olive oil. Mix in ¼ cup chopped mixed herbs (such as tarragon, chives, and cilantro). Season with salt and pepper.

Q: How can I get my dog to take her medicine?

—Lori Lalonde, Toronto

A: It depends on the form the drug comes in and your pet's diet, says Barry Kellogg, senior veterinary advisor at the Humane Society Veterinary Medical Association. Follow his techniques.

If the drug is a liquid, pull out the side of your pet's cheek and, with a syringe or teaspoon, squeeze or pour the medicine into her mouth. Avoid tilting her head back or forceful squirting, which can cause choking. Reward her with praise or a treat.

If it's a pill, push it into a piece of hot dog or cheese, a spoonful of peanut butter, or any treat you know your pet enjoys. The trick is not to put the pill in the first bite of food but to hide it in a subsequent one. This will prevent your pet from suspecting something is in all her treats and avoiding them altogether.

As an alternative, you can try pushing the pill into your pet's mouth, beyond the base of the tongue, and holding her head high until she swallows. Follow up with a reward. This method works best for pets on highly restricted diets that cannot or will not take medication with a treat.

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Good Things

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Spring Wreath

Supplies

Scissors, clear tape, thin metal sheets, embossing mat and stylus, craft paint and paintbrush (optional), hot-glue gun, 15-inch twig wreath

Metalworking metallic sheets, \$11, and **metalworking tool set**, \$26, by Martha Stewart Crafts, amazon.com. **Multisurf face craft paint**, by Martha Stewart Crafts, \$2.50 for 2 oz., michaels.com. **Whitewashed twig wreath**, 15", \$12, save-on-crafts.com.

1. Download and print butterfly and leaf templates (at marthastewart.com/spring-wreath). Cut around shapes, tape onto metal sheets, then cut shapes from metal.
2. Working on mat, use tip of stylus to make lines in butterfly wings and veins in leaves. Gently bend wings.
3. If desired, paint a few butterflies; let dry completely, about 1 hour.
4. Hot-glue shapes to wreath.

Etched Glass Tumblers

Supplies

Glass tumblers, masking tape, latex gloves, etching cream and brush

Glass etching cream, by Martha Stewart Crafts, \$32 for 6 oz., michaels.com. **Sitting glasses**, in assorted colors, \$5 for 2, ikea.com.

1. Tape off areas on each tumbler that you don't want frosted, smoothing out any air bubbles.
2. Working in a well-ventilated area and wearing gloves, brush a thick, even coat of cream onto glass.
3. Let stand 20 minutes. Rinse off under cool running water, then remove tape. Wash tumblers with soap and water before using.

Bungee-Cord Shelves

Supplies

L-shaped outside corner molding, semigloss interior paint and paintbrush, drill and 1/8-inch drill bit, 3 plastic wall anchors and screws (1 1/2 inch and 1 1/4 inch), hammer, patching compound, fine-grit sandpaper, 2 screw hooks, craft paint and paintbrush, hooked bungee cord

Outside corner molding, 1/4" by 1 1/2", \$9.25 for 96"; **Poly-set plastic wall anchors with screws**, by Red Head, 1 1/4" and 1 1/2", \$7 for 20; and **Ready Patch**, by Zinsser, \$9 for 1 qt., home depot.com.

1. Have a hardware store cut molding to desired shelf length (ours is 3 feet). Paint molding with interior paint; let dry completely.
2. Drill 3 pilot holes through side of molding that will attach to wall: one hole near each end, and one in center. Tap an anchor into each hole with hammer. Attach molding to wall by driving screws into anchors, stopping when screws are flush with molding. Cover screws with patching compound. Let dry, then sand smooth and paint to match molding.

3. Paint screw hooks with craft paint to match bungee; let dry. Drill pilot holes 2 inches beyond and 5 inches above each shelf end. Twist screw hooks through holes into wall; attach bungee.

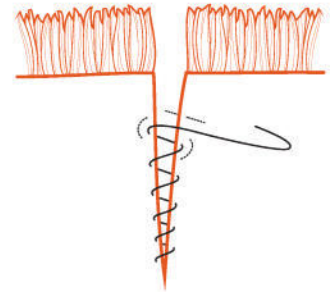
Garden-Tool Caddy

Supplies

Two 3/4-inch-diameter wooden dowels (one 4-inch-long piece; one cut to desired handle height), drill and 1/8-inch drill bit, hammer, one 2-inch nail, sandpaper, 3 tin cans, craft paint, three 1/4-inch screws

1. Drill a pilot hole through center of 4-inch dowel. Secure to one end of longer dowel (forming a T-shaped handle) by tapping nail through hole with hammer.
2. Sand rough edges of cans. Paint; let dry completely, about 1 hour. Arrange cans around end of dowel opposite handle. Drill a pilot hole through top inside edge of one can into dowel, taking care not to drill all the way through dowel. Drive a screw through hole, securing can to dowel. Repeat to attach remaining cans.

Hand-Stitched Runner



Supplies

4 small area rugs (22 by 33 inches), upholstery needle, thread (in a color matching rug)

Signe rugs, in assorted colors, \$4 each, ikea.com.

Using a whipstitch, hand-stitch long sides of 2 rugs together. Stitch through bottom of first rug, then down through top of second rug, circling back through bottom of first. Knot securely at end of seam. Repeat to attach remaining two rugs.

Spring Elixirs

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SPRING-GREENS TONIC

Active Time: **40 min.**
 Total Time: **1 hr. 10 min.**
 Serves: **6**

- 1/2 pound baby yellow potatoes
- 4 spring onions, white parts only, thinly sliced into rounds
- 3 cloves garlic, peeled
- Coarse salt and freshly ground pepper
- 10 sprigs mint, plus 1/4 cup leaves
- 6 sprigs tarragon, plus 1/4 cup leaves
- 1 dried bay leaf
- 1 pound pencil asparagus, trimmed and cut into 1-inch piece, tips reserved
- 1 cup shelled fresh chickpeas

2 cups sugar snap peas, trimmed and halved on the bias

10 leaves Bibb lettuce, torn into large pieces

3 cups peppery spring greens, such as baby mustard, sorrel, or radish sprouts, sliced into ribbons if large

Extra-virgin olive oil, for drizzling

1. In a large pot, combine potatoes, onions, garlic, 1 tablespoon salt, and 10 cups water. Wrap mint and tarragon sprigs and bay leaf in cheesecloth and tie with kitchen twine; add to pot. Bring to a boil, then reduce heat to low and cook, partially covered, until potatoes are just tender, about 12 minutes. Add asparagus, chickpeas, and snap peas; simmer until tender, about 10 minutes. Lightly crush potatoes and garlic.

2. Stir in asparagus tips, lettuce, and 1 cup greens until greens are just wilted. Season with salt and pepper. In a bowl, toss herb leaves with remaining 2 cups greens. Serve soup, topped with a small mound of herb mixture and a drizzle of oil.

MATZO-BALL SOUP

Active Time: **35 min.**

Total Time: **4 hr.**

Serves **6 to 8**

1½ cups matzo meal

Coarse salt

¼ teaspoon finely ground white pepper

¼ teaspoon baking powder

6 large eggs

½ cup chicken fat (schmaltz) or clarified butter (for recipe, go to marthastewart.com/clarified-butter), melted

¾ cup seltzer or club soda

10 cups Basic Chicken Stock (recipe follows)

6 whole chicken legs, skins removed

12 baby carrots, peeled and halved lengthwise

6 strips Meyer-lemon peel

2 medium leeks, white and light-green parts only, sliced into ¼-inch rounds and thoroughly washed

¼ cup coarsely chopped dill

1. Whisk together matzo meal, 1 tablespoon salt, pepper, and baking powder. In a large bowl, lightly beat eggs; whisk in chicken fat, matzo mixture, and seltzer until thoroughly blended. Cover and refrigerate at least 2 hours and up to 1 day.

2. Bring a large pot of salted water to a boil. With lightly dampened hands, form heaping

¾ cupfuls of batter into 8 balls. Gently drop balls, one at a time, into boiling water. When they all float, cover pot. Reduce heat to a gentle boil; cook 20 minutes. With a slotted spoon, gently transfer matzo balls to a tray lined with a clean kitchen towel. Let cool 15 minutes, then cover tray tightly with plastic wrap. If not using immediately, refrigerate up to 1 day.

3. In a pot, combine stock, chicken, carrots, lemon peel, and 4 teaspoons salt. Bring to a boil, then reduce to a simmer; cook, partially covered, until chicken is just cooked through, about 35 minutes. Transfer chicken to a plate; let cool 10 minutes. Add leeks and simmer until just tender, 6 to 8 minutes. Pull chicken from bones; discard bones. Return chicken to pot and add matzo balls; bring to a simmer and heat through. Stir in dill; serve.

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SMOKED SAUSAGE AND TORTELLINI SKILLET

PREP TIME: 15 MINUTES COOK TIME: 10 MINUTES
MAKES: 6 SERVINGS

INGREDIENTS

- 1 PKG. HILLSHIRE FARM® SMOKED SAUSAGE, DIAGONALLY CUT INTO 1/4 INCH SLICES
- 3 CLOVES GARLIC, MINCED
- 1 MEDIUM ONION, 1/2 INCH DICED
- 1 GREEN BELL PEPPER, SLICED
- 1 PKG. (12 OUNCES) FRESH CHEESE TORTELLINI, COOKED ACCORDING TO PACKAGE DIRECTIONS
- 1 TSP. DRIED OREGANO
- 1 JAR (24 OUNCES) MARINARA SAUCE
- 2 CUPS SHREDDED MOZZARELLA CHEESE

PREPARATION

1. PREHEAT OVEN TO 350°F.
2. HEAT A LARGE 12 INCH OVEN-SAFE SKILLET ON MEDIUM-HIGH HEAT. ADD SMOKED SAUSAGE AND COOK UNTIL BROWN. ADD GARLIC, ONION AND BELL PEPPER. LOWER HEAT TO MEDIUM, STIR UNTIL VEGETABLES ARE SOFT, ABOUT 5 MINUTES.
3. STIR IN COOKED TORTELLINI, OREGANO, MARINARA SAUCE AND 1 CUP OF MOZZARELLA CHEESE. TOP WITH REMAINING CHEESE. BAKE IN THE OVEN FOR ABOUT 10 MINUTES UNTIL CHEESE IS MELTED AND BUBBLY.



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BASIC CHICKEN STOCK

Active Time: 20 min.
Total Time: 4 hr.
Makes: About 2½ quarts

- 5 pounds assorted chicken parts (backs, necks, wings), rinsed
- 2 medium carrots, cut into 2-inch pieces
- 2 celery stalks, cut into 2-inch pieces
- 2 medium onions, peeled and quartered
- 2 dried bay leaves
- 1 teaspoon whole black peppercorns

Place chicken, vegetables, bay leaves, and peppercorns in a large stockpot with 3 quarts water. Bring to a boil, skimming impurities as they rise to the top. Reduce heat and simmer, skimming occasionally, until richly flavored, 3 to 4 hours. Strain through a fine-mesh sieve into a heatproof container. Refrigerate at least 8 hours to allow fat (schmaltz) to solidify on top; skim and reserve. Store in refrigerator up to 3 days, or freeze up to 3 months.

GINGER CHICKEN NOODLE SOUP

Active Time: 30 min.
Total Time: 1 hr. 45 min.
Serves: 6

- 2 tablespoons white or yellow miso
- 1 tablespoon dry white wine
- 1½ teaspoons packed dark-brown sugar
- 1½ teaspoons toasted sesame oil
- 4½ teaspoons grated ginger (from a 3-inch piece)
- 2 bone-in, skin-on chicken-breast halves (each 10 ounces)
- Safflower oil, for baking sheet
- 6 cups Basic Chicken Stock (see recipe, above)
- 3½ ounces fresh shiitake-mushroom caps, halved
- 1 tablespoon tamari or soy sauce
- Coarse salt
- 8 ounces dried udon noodles
- 1 bunch watercress, tough stems removed (about 3 cups)
- 4 scallions, cut into 2-inch lengths and finely julienned (about ½ cup)
- ½ cup grated daikon radish

1. Stir together miso, wine, brown sugar, sesame oil, and 1½ teaspoons ginger. Rub mixture all over chicken and under skin; let stand 1 hour. Preheat oven to 450° with rack in upper third. Place chicken, skin-side up, on a lightly oiled rimmed baking sheet; roast until a thermometer inserted

in thickest part of breasts (avoiding bone) registers 135°, 12 to 14 minutes. Increase heat to broil and cook, rotating pan, until skin is crisp and thermometer registers 160°, 3 to 4 minutes more. Let rest 15 minutes; remove meat from bones and slice crosswise.

2. Bring stock and mushrooms to a boil in a medium pot, then reduce heat and simmer until mushrooms are tender, about 15 minutes. Stir in remaining 1 tablespoon ginger and tamari; season with salt. In another pot, cook udon in salted boiling water according to package instructions; drain and rinse. Divide udon, broth, and mushrooms among bowls. Top with chicken, watercress, and scallions; serve, with daikon.

SHRIMP POZOLE

Active Time: 1 hr. 20 min.
Total Time: 1 hr. 30 min.
Serves: 6 to 8

- 2 pounds shell-on large shrimp
- 1½ white onions, cut into 12 wedges
- 6 cloves garlic
- 1 dried ancho chile
- ½ cup sliced almonds (with skins)
- 2 tablespoons sesame seeds
- 1 tablespoon tomato paste
- 1½ teaspoons dried oregano
- Coarse salt
- 12 Campari tomatoes
- 2 cans (15 ounces each) hominy, rinsed and drained
- 2 teaspoons extra-virgin olive oil
- Toasted corn tortillas, for serving

1. Shell and devein shrimp; refrigerate shrimp and place shells in a pot. Add 8 onion wedges, 4 cloves garlic, and 3 quarts water. Bring to a boil; reduce heat and simmer 1 hour. Strain, discarding shells; return stock to pot.

2. Heat a heavy skillet (preferably cast iron) over medium-high. Cook chile until charred on both sides, about 4 minutes total. Transfer to a heatproof bowl; add 1 cup boiling water, placing a dish on top to keep submerged. Soak until soft, 20 minutes. Remove stem and seeds; reserve liquid.

3. Meanwhile, toast almonds in skillet over medium until golden brown, about 5 minutes. Transfer to a plate; let cool. Repeat with sesame seeds, 2 to 3 minutes. Transfer to another plate; let cool. In separate batches, finely grind almonds and sesame seeds in a spice grinder, then combine.

4. Place remaining 4 onion wedges and 2 cloves garlic in skillet; cook over

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Easy Smoked Sausage Skillet

Serving Size: 4-6 Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.

HOW-TO HANDBOOK

medium-high until softened and charred in places, about 10 minutes. Transfer to a blender with chile, 2 tablespoons soaking liquid, $\frac{1}{3}$ cup stock, almond-sesame mixture, tomato paste, oregano, and 1 teaspoon salt; pulse to a paste.

5. Return skillet to medium-high and blister tomatoes, turning occasionally, until charred in spots, 7 to 9 minutes. Add to pot with remaining stock. Add 1 tablespoon salt; bring to a simmer. Add shrimp and hominy; continue to simmer until shrimp are just cooked through, 4 to 5 minutes.

6. Heat oil in a medium skillet over medium-high. Add mole and cook, stirring frequently, until fragrant and slightly thickened, about 3 minutes. Divide soup among bowls and stir about 2 tablespoons mole into each; serve, with tortillas.

SCOTCH BROTH

Active Time: **55 min.**
Total Time: **3 hr. 10 min.**
Serves: **6 to 8**

- 2** tablespoons extra-virgin olive oil
- 2** pounds boneless lamb shoulder in one piece, plus its bones
- 2** large yellow onions, peeled and quartered
- 3** celery stalks, coarsely chopped
- 3** medium carrots, peeled and coarsely chopped
- 2** medium leeks, washed and trimmed, white and light-green parts cut on the bias into 2-inch pieces, trimmings reserved
- $\frac{1}{2}$ teaspoon whole black peppercorns
- Coarse salt**
- 12** parsley stems, plus $\frac{1}{2}$ cup leaves, finely chopped
- 2** medium turnips, peeled and halved (about 1 pound)
- $\frac{1}{2}$ cup pearl barley
- 1½** pounds English peas, shelled, or **1½** cups frozen peas

1. Swirl oil into a large, heavy pot over medium-high. Add lamb, bones, and onions; cook until bottom sides of bones turn dark brown, 8 to 10 minutes. Flip, reduce heat to medium, and add celery and carrots. Continue cooking,

turning occasionally, until lamb and vegetables are deep brown on all sides, 20 to 25 minutes. Add 12 cups water, leek trimmings, peppercorns, and parsley stems; season with salt. Bring to a boil; skim foam. Reduce heat and simmer, partially covered, until meat is fork-tender, about $1\frac{1}{2}$ hours. Remove from heat and let stand, uncovered, until fat begins to rise to surface, about 2 hours. Skim fat; strain stock through a fine-mesh sieve, reserving lamb. When lamb is cool enough to handle, trim excess fat, then cut into bite-size pieces and reserve, discarding bones.

2. Place stock in a clean pot; add turnips and barley. Bring to a boil, then reduce heat and simmer, partially covered, until barley is just tender and turnips are easily pierced with the tip of a sharp knife, about 20 minutes; transfer turnips to a cutting board. Add leeks to pot and simmer until tender, 5 minutes. Meanwhile, slice turnips lengthwise into $\frac{1}{2}$ -inch moons and return to pot, along with lamb and peas. Simmer until heated through. Serve, with chopped parsley alongside.

SPANISH CLAM SOUP

Active/Total Time: **45 min.**
Serves: **4 to 6**

- 1½** cups dry white wine
- 8** sprigs thyme
- 4** pounds littleneck clams, scrubbed and rinsed
- 6** tablespoons extra-virgin olive oil
- 2** medium parsnips, peeled and diced
- $\frac{1}{2}$ medium red bell pepper, diced
- 6** thin slices serrano ham or prosciutto, finely chopped
- 1** red serrano or red finger hot chile, split open lengthwise
- 6** cloves garlic, smashed
- $\frac{1}{2}$ teaspoon sweet smoked paprika
- 6** thick slices crusty bread, toasted

1. In a large pot, bring wine, 3 cups water, and thyme to a boil; add clams. Cook, covered, until

clams open, transferring them to a bowl with a slotted spoon as they do, 5 to 8 minutes. Discard any clams that have not opened; cover bowl. Let broth cool 5 minutes, then pour through a fine-mesh strainer into a container (you should have about 4 cups).

2. In another large pot, heat oil over medium. Add parsnips, bell pepper, ham, chile, and garlic; cook, stirring occasionally, until golden brown. Reduce heat to medium-low; cook, stirring often, until parsnips are soft, 10 to 15 minutes. Add paprika, clam broth, and clams. Heat through and serve, with bread.

Counter Culture

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**SPINACH-AND-YOGURT FLATBREADS**

Active/Total Time: **20 min.**
Makes: **4**

- 1½** teaspoons whole cumin seeds
- 2** tablespoons sesame seeds
- $\frac{1}{4}$ cup shredded unsweetened coconut
- Coarse salt**
- $\frac{1}{2}$ small clove garlic
- 1** cup plain full-fat or **2** percent Greek yogurt
- 4** cups baby spinach
- 3** tablespoons extra-virgin olive oil, plus more for drizzling
- 4** flatbreads, such as naan

1. Preheat broiler with rack in top position. Toast cumin seeds in a small skillet over medium-high until fragrant, about 1 minute. Add sesame seeds and coconut and continue to toast, stirring constantly, until coconut is golden brown, 4 to 5 minutes more. Stir in $\frac{1}{2}$ teaspoon salt. Transfer to a plate; let cool. Using the flat side of a chef's

knife, crush garlic to a paste with 1 teaspoon salt; stir into yogurt.

2. Drizzle spinach with 1 tablespoon oil; season with salt. Brush remaining 2 tablespoons oil over both sides of each flatbread; season with salt. Arrange in a single layer on a baking sheet; broil until edges are golden, about 1 minute. Flip and spread each flatbread with $\frac{1}{4}$ cup yogurt mixture. Top with 1 cup spinach. Broil until spinach just begins to wilt, about 1 minute. Serve, drizzled with oil and sprinkled with coconut mixture and salt.

ROASTED BEETS WITH DILL-AND-CHIVE YOGURT DRESSING

Active Time: **35 min.**
Total Time: **1 hr. 55 min.**
Serves: **4 to 6**

- 8** medium beets, preferably golden, trimmed
- 2** tablespoons extra-virgin olive oil
- Coarse salt and freshly ground pepper**
- $\frac{1}{2}$ cup plain whole-milk yogurt
- 1** tablespoon mayonnaise
- 1** tablespoon fresh lemon juice
- 3** tablespoons coarsely chopped fresh dill
- 2** teaspoons minced chives
- $\frac{1}{2}$ small green apple, such as Granny Smith, cut into very thin matchsticks ($\frac{3}{4}$ cup)
- 1** Persian or mini cucumber, very thinly sliced ($\frac{3}{4}$ cup)
- $\frac{1}{2}$ small jalapeño, seeded if desired, very thinly sliced

1. Preheat oven to 400°. Drizzle beets with oil; season with salt. Wrap in parchment-lined foil and roast until tender when pierced with the tip of a knife, about 1 hour. Let stand until cool enough to handle, then rub off skins and cut into $\frac{1}{4}$ -inch slices.

2. Whisk together yogurt, mayonnaise, lemon juice, dill, and chives. Season with salt and pepper. Toss apple with 3 tablespoons dressing. Arrange beets on a platter; top with apple and cucumber. Drizzle with dressing and sprinkle with jalapeño; serve.

SPICED MEATBALLS WITH YOGURT SAUCE

Active Time: **1 hr.**

Total Time: **1 hr. 10 min.**

Serves: **6**

- ¼ cup extra-virgin olive oil**
- 1 large onion, chopped**
- 6 large cloves garlic, 3 minced, 3 sliced**
- Coarse salt**
- 1½ teaspoons ground cumin**
- ½ teaspoon ground cinnamon**
- ½ cup panko breadcrumbs**
- 1¼ cups low-sodium chicken broth**
- 1½ pounds ground beef**
- 1 large egg, plus 3 large yolks**
- ½ cup coarsely chopped fresh cilantro, plus more for serving**
- 1½ cups plain whole-milk yogurt**
- 1 tablespoon cornstarch**
- Cooked rice, for serving**
- Ground sumac and red-pepper flakes, for serving**

1. In a large straight-sided skillet, heat 2 tablespoons oil over medium-high. Add onion, minced garlic, and 1½ teaspoons salt; cook, stirring, until translucent, about 3 minutes. Add cumin and cinnamon and cook, stirring, about 1 minute more. Transfer mixture to the bowl of a food processor; process to a paste.

2. In a bowl, combine breadcrumbs and ¼ cup broth; let stand 5 minutes. Add beef, onion paste, whole egg, and cilantro; mix with your hands to combine. With lightly dampened hands, form mixture into 28 balls, about 2 tablespoons each.

3. Heat remaining 2 tablespoons oil in skillet over medium-high. Working in batches (do not crowd pan), cook meatballs until browned on all sides, about 7 minutes a batch. Transfer to a plate; pour off fat from skillet. Return meatballs to pan; add ¾ cup broth and sliced garlic. Bring to a boil, then cover, reduce heat to low, and simmer just until meatballs are cooked through, about 6 minutes. Transfer meatballs to a plate with a slotted spoon.

4. In a bowl, whisk together egg yolks and yogurt. In another bowl, whisk together cornstarch and

remaining ¼ cup broth; whisk into broth in skillet. Bring to a boil, whisking constantly, then strain through a sieve into yogurt mixture, stirring to combine. Return to skillet and cook over medium, stirring constantly, until just bubbling and thick enough to coat the back of a spoon, about 1 minute; season with salt. Add meatballs to sauce and heat through. Serve over rice, sprinkled with sumac, red-pepper flakes, and cilantro.

TANDOORI FRIED CHICKEN

Active Time: **40 min.**

Total Time: **40 min., plus 1 day**

Serves: **6 to 8**

- 12 bone-in, skin-on chicken thighs**
- Tandoori Marinade (recipe follows)**
- 1¼ cups all-purpose flour**
- Coarse salt and freshly ground pepper**
- 3 cups plus 2 tablespoons safflower oil**
- 1 medium red onion, thinly sliced**
- ¼ cup fresh lime juice (from 2 limes)**
- ¾ cup fresh cilantro leaves**
- ¾ cup fresh mint leaves**
- Cucumber spears, for serving**

1. Make a few slashes in meat side of each thigh. In a 9-by-13-inch baking dish, combine chicken and marinade, turning to coat. Refrigerate at least 1 day and up to 2 days.

2. Preheat oven to 250°. In a large bowl, whisk together flour and 1½ teaspoons salt; season with pepper. In a large straight-sided skillet (preferably cast iron), heat 3 cups oil (it should be about ½ inch deep) over medium-high until a thermometer registers 350°.

3. Working with 6 pieces at a time, remove chicken from marinade, wiping off excess with a paper towel. Dredge in flour mixture and add to skillet, skin-side down. Partially cover and fry until golden brown and cooked through, 6 to 7 minutes a side. (Adjust heat to maintain oil temperature between 330°

and 350°; do not let it go over 350°, and return to 350° between batches.) Transfer chicken to a paper towel-lined plate; place in oven to keep warm.

4. Mix together onion and lime juice; let stand 10 minutes. Stir in remaining 2 tablespoons oil and herbs. Season with salt. Serve chicken, with onion salad and cucumbers.

TANDOORI MARINADE

Active Time: **17 min.**

Total Time: **20 min.**

Makes: **About 1 cup**

- 1½ teaspoons whole cumin seeds**
- 1½ teaspoons whole coriander seeds**
- 5 cardamom pods, lightly crushed**
- 3 whole cloves**
- 1 cup plain whole-milk yogurt**
- 2 tablespoons fresh lime juice**
- 1 tablespoon minced ginger (from a 1-inch piece)**
- 1 tablespoon minced garlic**
- Coarse salt**
- ¼ teaspoon ground turmeric**
- ¼ teaspoon cayenne pepper**

Toast spices in a small skillet over medium-high until very fragrant, about 3 minutes. Transfer to a spice grinder; finely grind. Mix with yogurt, lime juice, ginger, garlic, 2 teaspoons salt, turmeric, and cayenne.

YOGURT-AND-HERB-CRUSTED LEG OF LAMB

Active Time: **45 min.**

Total Time: **2 hr. 10 min.**

Serves: **8 to 10**

- ¾ cup extra-virgin olive oil**
- 3 tablespoons minced garlic (from 6 cloves)**
- Coarse salt**
- 4 teaspoons lemon zest and 2 tablespoons fresh juice (from 2 lemons), plus wedges for serving**
- 1½ cups fresh flat-leaf parsley leaves**
- 1½ cups panko breadcrumbs**
- 1½ cups plain Greek yogurt**
- 2 tablespoons grainy mustard**
- 1 boneless leg of lamb**

(4½ pounds), trimmed of silver skin and butterflied

1. Preheat oven to 450° with one rack in top third and one in bottom third. Set a wire rack in a foil-lined rimmed baking sheet. In a saucepan, combine oil, garlic, and 1½ teaspoons salt; cook over medium until fragrant, 3 to 5 minutes. Transfer to a food processor and process with zest and parsley until a coarse paste forms. Transfer to a bowl; stir in breadcrumbs and lemon juice. In another bowl, whisk together yogurt and mustard; season with salt.

2. Place lamb, skin-side down, on a work surface and pound with a mallet to an even thickness of about 1¼ inches. Arrange loose ends to create a rough rectangle; season with salt. Spread ½ cup yogurt mixture evenly over surface, then half of breadcrumb mixture. Starting at ragged short end, tightly roll lamb into a cylinder. Tie with kitchen twine at 2-inch intervals; insert 2 skewers crosswise through lamb to help hold shape, if desired. Transfer to prepared baking sheet; season all over with salt.

3. Increase oven heat to broil; broil lamb on top rack, flipping halfway through, until fat is golden brown, about 2 minutes a side. Reduce temperature to 450° and roast 20 minutes. Remove from oven; reduce temperature to 400°. Remove twine from lamb, leaving skewers in place. Spread remaining yogurt mixture thickly over top and sides of lamb. Press remaining breadcrumb mixture into yogurt. Roast on bottom rack until a thermometer inserted in thickest part of lamb registers 135° for medium-rare, 40 to 60 minutes more, depending on diameter of roll. Transfer to a cutting board and let stand 20 minutes before carving with a very sharp knife. Serve, with lemon wedges.

ROASTED CARROTS WITH PARSLEY YOGURT

Active Time: **25 min.**

Total Time: **1 hr.**

Serves: **6**

1½ pounds thin carrots, peeled, halved lengthwise if large

HOW-TO HANDBOOK

5 tablespoons extra-virgin olive oil, plus more for serving

Coarse salt

¼ cup coarsely chopped fresh flat-leaf parsley, plus whole leaves for serving (optional)

2 tablespoons coarsely chopped fresh mint, plus whole small leaves for serving (optional)

2 teaspoons fresh lemon juice

¾ cup plain Greek yogurt

½ cup crumbled feta

1. Preheat oven to 450°. On a rimmed baking sheet, toss carrots with 2 tablespoons oil; season with salt. Roast, stirring once, until tender and beginning to brown, 20 to 25 minutes; let cool completely.

2. Process remaining 3 tablespoons oil, parsley, mint, lemon juice, and ½ teaspoon salt to a fine paste in a food processor. Add yogurt and purée. Spread yogurt sauce on a

platter; top with carrots. Sprinkle with feta and drizzle with oil. Sprinkle with whole herbs; serve.

TARTLETS WITH YOGURT PASTRY CREAM AND STRAWBERRIES

Active Time: **50 min.**

Total Time: **3 hr. 45 min.**

Makes: **9**

PASTRY CREAM

½ cup sugar

2 tablespoons cornstarch

¼ teaspoon coarse salt

1½ cups plain whole-milk yogurt

2 large egg yolks

2 tablespoons unsalted butter

TARTLETS

All-purpose flour, for dusting

14 ounces all-butter puff pastry, such as Dufour, thawed

¼ cup sugar

2 cups sliced strawberries

1 teaspoon fresh lemon juice

Pinch of salt

¼ cup heavy cream

1. Pastry cream: In a medium saucepan, whisk together sugar, cornstarch, and salt. Whisk in yogurt, egg yolks, and butter. Cook over medium, stirring with a rubber spatula, until mixture comes to a boil, about 7 minutes. Let boil, stirring, 1 minute. Remove from heat; transfer to a bowl. Cover with plastic wrap, pressing it directly onto surface to prevent skin from forming. Refrigerate at least 2 hours and up to 1 day. Just before using, whisk until smooth.

2. Tartlets: Preheat oven to 400° with one rack in upper third and one in lower third. Lightly dust work surface and puff-pastry sheet with flour; roll out to slightly thinner than ¼ inch thick. Sprinkle with

2 tablespoons sugar, pressing and rolling sugar so as much sticks as possible. Trim pastry sheet to a 12-by-9-inch rectangle, then cut into nine 4-by-3-inch rectangles. Score a ½-inch border around each rectangle. Score center pieces at ½-inch intervals for a decorative top, if desired.

3. Transfer rectangles to a parchment-lined baking sheet; freeze 15 minutes. Bake on top rack 15 minutes, then transfer to bottom rack; bake until caramelized, about 10 minutes more. Transfer to a wire rack; let cool 10 minutes. Using scissors, cut center of tops away and reserve; let cool.

4. Meanwhile, combine strawberries, remaining 2 tablespoons sugar, lemon juice, and salt; let stand 10 minutes. Whip heavy cream to soft peaks. Fold whipped cream into pastry cream. Divide among tartlets; top with berries. Serve, with reserved tops.



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**PISTACHIO-RHUBARB
YOGURT CAKE**Active Time: **35 min.**Total Time: **2 hr. 5 min.,
plus cooling**Serves: **8**

- 1 stick plus 1 tablespoon unsalted butter, room temperature, plus more for pan**
- 2 cups plain whole-milk yogurt**
- 1 pound rhubarb, trimmed and cut crosswise into 3-inch pieces**
- 1½ cups granulated sugar, plus more for sprinkling**
- 1¾ teaspoons coarse salt**
- ½ cup shelled unsalted pistachios (2¼ ounces)**
- 1½ cups all-purpose flour**
- 2 teaspoons baking powder**
- 2 large eggs, room temperature**
- 1¼ teaspoons orange-blossom water or pure vanilla extract**
- ¼ cup confectioners' sugar**

1. Preheat oven to 400°. Butter an 8-inch-round, 2-inch-deep cake pan and line bottom with parchment; butter parchment. Place 1 cup yogurt in a fine-mesh sieve set over a bowl; let drain in refrigerator.

2. Meanwhile, toss together rhubarb, ½ cup granulated sugar, 1 tablespoon butter, and ¼ teaspoon salt on a

rimmed baking sheet. Roast, stirring once, just until tender, about 15 minutes. Reduce oven temperature to 325°.

3. In a food processor, finely grind pistachios. Add flour, baking powder, and remaining 1½ teaspoons salt; pulse to combine. Beat together remaining 1 stick butter and 1 cup granulated sugar with a mixer on medium-high speed until light and fluffy. Beat in eggs, one at a time, then orange-blossom water. Reduce speed to low and beat in flour mixture in two batches, alternating with remaining 1 cup yogurt.

4. Transfer batter to pan and smooth top. Arrange about half of rhubarb over top; refrigerate remaining rhubarb in syrup until ready to serve. Sprinkle cake with granulated sugar and bake until a tester inserted in center comes out clean, about 1 hour, 15 minutes. (If browning too quickly, tent with foil.) Let cool in pan on a wire rack 15 minutes. Run a small sharp knife around edges. Invert onto a cutting board, then immediately flip onto rack; let cool completely.

5. Stir confectioners' sugar into drained yogurt. Chop remaining rhubarb and swirl into yogurt, along with some syrup. Serve cake with yogurt, drizzled with more syrup.

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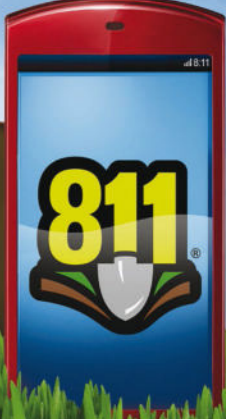
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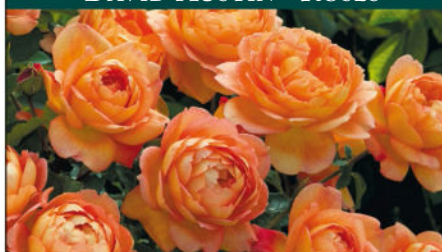
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